

1989-1990 NEXUS

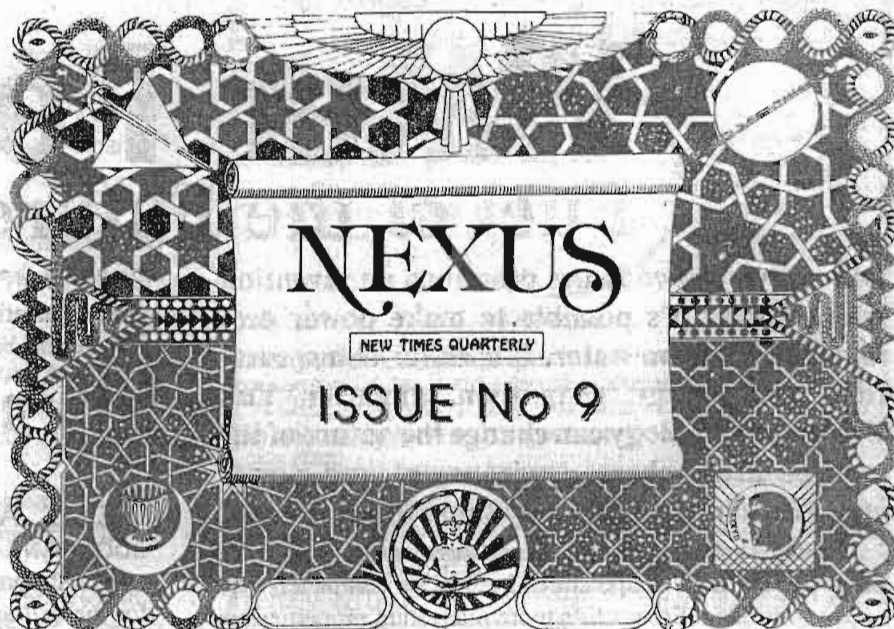
Resurrected Phoenix Issue

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Water Power

Fuel of the Future Today

Our previous two issues described an invention which shows it's possible to make power economically - from water. If used for transportation and energy generation, engineer Yull Brown's technology can change the nature of the world's atmosphere, environment and power structures in a remarkably short time.

Brown's gas is a *stable* mix of hydrogen and oxygen which burns at very high temperatures but can be completely and easily controlled. Some of its more interesting properties are outlined in previous issues; it's produced within a cell using *only water and electricity*. Yull Brown's company B.E.S.T. Australia Ltd moved into production in June and are producing and selling welding units which include a Brown's gas generator from a Sydney factory. Like many true innovations, the trail from drawing board to actuality has been a tortured one. This fuel of the future has had as least as much difficulty coming to fruition as electric power did in the days of Edison and Tesla.

Mr Brown graduated in electronic engineering in Bulgaria before working in Russia, where he spent seven years in forced labour and prison camps with the outbreak of WWII. Reaching Australia in 1952, he worked as a lab technician and designed and built test instruments and quality control equipment. He credits Jules Verne's *Mysterious Island* as the novel which turned him to water-fuel research.

Alvin R. Crosby of Auckland, New Zealand developed what he claims to be a similar system derived from Brown's ideas which he has since sold internationally.

In 1982 Alvin Crosby bought NZ manufacturing license from Yull Brown for three years in an attempt to "quickly bring his H_2 plus O_2 gas system to the New Zealand public". He claims to have redesigned the control cell, taking the gas generator beyond Yull Brown's patent and subsequently reported that the entire system was apparently based on patents taken out by the Hanes Corporation of Phoenix, Nevada USA in 1966 and 1967 (Patents 3,262,872 [1966] and 3,310,483

[1967]). Mr Crosby claims to have used the gas in the 1970s prior to meeting Yull Brown, to run a lawnmower. Brown's gas can also be used for cooking, heating, cutting and welding

Crossing the Tasman

B.E.S.T. AUSTRALIA HAS SUPPLIED *NEXUS* WITH DOCUMENTATION which proves that they *do* hold two patents for the production of Brown's gas in Australia and NZ, one for the cell and one for the safety device (control cell). Mr Crosby was granted NZ licensing rights to produce Brown's welder/generators in March, 1982. Yull Brown holds patents on his system in 31 countries, including the USSR and USA.

" H_2 plus O_2 gas is produced from more than 50 different machines made around the world, for jewellery soldering," according to Mr Crosby.

"I developed new technology totally departing from anything Brown had put together. My designs incorporated machines producing 2-4 times the output of Mr Brown's machines. I designed 100, 200, 600, 2,000, 5,000 and 10,000 litre per hour machines and I spent \$NZ1.6 million doing it."



Mr Brown ... his gas burns a hole through a house brick — Picture: ALAN PRYKE

"If we went into the automotive area it would make too many waves. And I'm not prepared to take that risk. The whole subject is very political." - A. Crosby

According to Mr Crosby his system produced gas which burned at 2,950 degrees Celsius (measured with a disappearing filament pyrometer), not 6,000 degrees as claimed for Brown's gas. BEST Australia points out that they can vapourise tungsten with their welder - certainly at a higher temperature than 2,950°C.

Crosby cites a figure of 126% efficiency in producing the

gas, using the latent heat in water molecules to provide an additional 26% in energy return. To convert enough water directly to gas in a travelling vehicle you'd need an efficiency of 200%, however, or the car would soon run out of steam.

"You can run a car on water and it runs very well. But not continuously," Mr Crosby said in 1983.

"If we went into the automotive area it would make too many waves. And I'm not prepared to take that risk. The whole subject is very political."

Difficulties in using Brown's gas as a fuel can be overcome; according to Mr Crosby it can be compressed up to 2,000 lb p.s.i., making it possible to carry enough fuel aboard a vehicle. Yull Brown has stated that conventional LPG bottles can be used for storage.

"There is tremendous potential for water powered vehicles and they are the quickest way to halt the greenhouse effect," Mr Crosby told *NEXUS* earlier this year.

"All the engines are out there now - we don't need to build new technologies. Automotive engines are ideally suited to direct conversion. The optimum, of course, would be to produce the gas directly as you drive, but that isn't presently possible. But there are a number of ways in which it can be used. The gas can be bubbled through and added to petrol, for instance, greatly increasing fuel efficiency.

"But the technology for this conversion is fast disappearing as new models of vehicles are doing away with carburettors in favour of fuel injection. This may have been foreseen by technologists."

Unfortunately, these generators have also generated much legal action between BEST Australia and Hydrox over patent and licensing infringement.

Alvin Crosby claimed his use of high quality nickel electrodes and efficiency of design made his the superior generating system. BEST refuted this. After two offers to shut up shop, in 1986 Crosby sold his interests to Hydrox International Corporation (formed from the assets of Crosby Energy Systems) and subsequently sold all rights and patents to Peers and Company Merchant Bank of Wall Street - after his three-year contract with Yull Brown had expired. Manufactured in Manila, the Philippine capital, these generators were made available through Sydney-based Aquagas Australia Ltd and Fletcher Steel in New Zealand as welding units. According to Hydrox chief executive David Williamson, the Manila production team has disbanded. But the technology is used by at least eight other companies - apparently in breach of patent.

Hydrox and Aquagas were taken to court by Brown's Water Fuel Holdings in early 1988 to prevent them selling the Hydrox generator/welder in Australia. In February of that year a former Crosby and Hydrox employee was apprehended at Auckland Airport and charged with attempting to take '\$2.87 million worth' of research papers and circuit boards out of the country. In New Zealand's first industrial espionage trial, Mr Williams pressed charges against his electronics engineer Kenneth Moreau, who admitted his attempt to smuggle the materials into Korea to a subsidiary company. Hydrox has listed subsidiary companies in Korea, the US, Hong Kong and Australia.

Accusations and court action have flown thick and fast between many of the parties concerned, and Hydrox was wound up by High Court order in Auckland last March by the request of creditors who were owed \$NZ200,000.

Yull Brown has discovered that a patent is only any use if you are prepared to defend it in court at great cost in time and money. Now that BEST Australia is in production, we can only hope the system will also be developed for uses other than welding. Yull Brown is also developing plans for an emission-free waste disposal unit and a pump which works on atmospheric pressure differential and has no moving parts. Desalination units are also on the drawing board.

Hydrogen Hope

THE USE OF HYDROGEN AS A FUEL FOR VEHICLES HAS OFTEN BEEN CONSIDERED our best chance for stopping industry's fossil fuel fix. Now it's also seen as a solution to the Greenhouse Effect and climatic disaster. Hydrogen is literally the most plentiful element in the universe and burns more cleanly (although it still produces dangerous nitric oxides), producing more energy per kilogram and better engine wear than fossil fuels. However, Brown's gas burnt without air produces only charged water vapour as waste.

Tests by *Electronics Australia* magazine found that a regular internal combustion engine needs little modification to accept Brown's oxygen-hydrogen mix. The carburettor is simply replaced with a throttle valve and pressure reducer while the engine is re-timed to handle the gas' higher flame speed. *Electronics Australia* researchers found that engines have an output about 8% higher than with a petrol/air mix.

Continues Over →

Radioactive Beaches

SOME GOLD COAST BEACHES ARE CONTAMINATED BY RADIOACTIVE SAND producing more than six times the recommended safety level of radiation.

According to Mr Peter Neumann, managing director of Currumbin Minerals, the Gold Coast City Council suppressed this information due to fears about its effect on tourism. Council beach and foreshores committee chairperson Alderman Trevor Coomber admitted the high levels, but claimed they were not dangerous and that Mr Neumann was "setting up a smokescreen" to divert attention from its sand mining.

Mr Neumann claims radiation levels of about 180 microrems per minute were found during two surveys by the Queensland University of Technology which were commissioned by Currumbin. The generally accepted 'international standard' safe dose of radiation is about 60 microrems/minute, while Queensland has a 27 microrem safety level standard.

One survey was conducted at Tugun and the other at Tugun, Burleigh Heads and Bilinga, all major tourist beaches.

"Highly radioactive sand was found over a wide area on those beaches," said Mr Neumann.

Currumbin is mining rutile, which contains the radioactive mineral monozite.

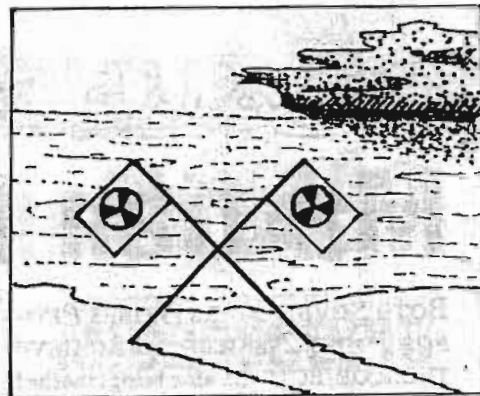
"Gold Coast beaches are covered in this rutile," said Mr Neumann.

"...(The council) say that they're concerned about the environmental effects of mining yet they know about this." Alderman Coomber admitted "some hot spots" appeared when rutile was exposed temporarily after storms.

This writer has personally investigated some old sand mining areas in Northern NSW with a Geiger counter, finding extraordinary levels of radiation at some locations. The mining process concentrates heavy radioactive elements by placing the sand in a centrifuge, and less economically useful radioactive elements are simply left in high concentrations in tailings in many areas.

Sand mining for rutile has been undertaken for decades right around our coasts and has left these tailings in many places. One notable example is at Byron Bay, where radioactive tailings were given away as free landfill to private individuals and construction projects including the local hospital and at least one school. We know of this example because a town expanded around the tailings. Who knows how many other areas are similarly affected?

Protesters repeatedly blocked the path of heavy machinery mining at a 350 metre stretch of beach at Tugun in June, forcing Currumbin Minerals to stop sand mining there several times. In June the Gold Coast Council asked the Queensland Government to revoke the company's long-standing lease on the beach.



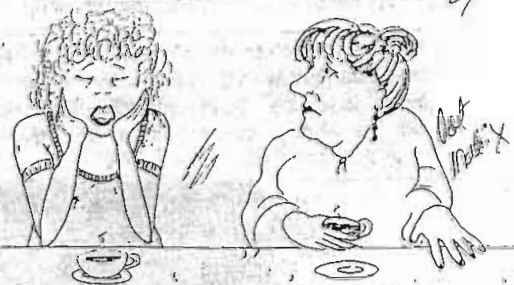
Candid Banking

ALL MAJOR AUSTRALIAN BANKS HAVE CONFIRMED THAT THEY HAVE FITTED CAMERAS inside their automatic teller machines. Westpac, Commonwealth, National Australia and ANZ banks have fitted the cameras (which are in most cases not visible) in the interests of 'security'. Some cameras run continually, according to Westpac spokesperson Mr Tony Benner. The film is held by the bank indefinitely and processed only if there is a dispute or fraud is discovered; but videotapes from 24 hour surveillance cameras requires no processing. An ANZ spokesperson claimed they were primarily designed to stop vandalism.

"It's like a general deploying his troops," announced Mr John Marsden of the Australian Banker's Association. "He doesn't use all the artillery all the time, and part of the value of having that piece of equipment in your armoury is that it is not known about."

"The banker/customer relationship in my opinion does not include random photographing of transactions," said Federal Privacy Commissioner and Human Rights Commission member Mr Kevin O'Connor. "People should be permitted to go about their innocent social activity without feeling worried that someone has a photo of them which may be used in some way to trace their movements or possibly to embarrass them."

It certainly isn't any picnic being Clairaudient... since my mother died she's been in my ear nagging me 24 hours a day...



Fuel from Sewage

SUCCESSFUL EXPERIMENTS HAVE PAVED THE WAY for the conversion of sewage sludge to cheap fuel oil.

A \$320,000 contract was awarded earlier this year for a pilot oil-from-sewage plant at Sydney's Malabar sewage treatment plant. Campbell Environmental Ltd, the company which will run the pilot study, claim to be able to recover 300 litres of fuel oil from each tonne of sludge. Using these figures the Malabar works could produce up to 70,000

litres of fuel oil per week which could sell for as little as 30c a litre.

"The concept is mind-boggling and deserves a thorough scientific examination," said NSW Environment Minister Tim Moore as he announced the plan.

"It is obviously preferable to turn sludge into valuable fuel oil if possible rather than continuing to just dump it into the sea, incinerate it or use it as land fill," he said.

Martian Mysteries

BOTH SOVIET MARS PROBES *PHOBOS 1* AND *2* FAILED TO ACHIEVE THEIR OBJECTIVES after being launched in July 1988. *Phobos 1* was lost the following September when flight controllers lost control *en route* to Mars.

After *Phobos 2* was lost last March within a week of a planned landing of scientific instruments on Phobos, one of the Martian moons, a furore erupted over data transmitted to Earth only hours before its demise. Readers of *NEXUS* No 6 will be aware of the debate over the apparent finding of ruins in photographs taken of the Martian surface by earlier US *Mariner* and *Viking* probes. Perhaps due to decades of bad science fiction stories devoted to this very topic, people have found it very difficult to take the subject seriously.

Martian UFO

BUT *PHOBOS 2* HAS NOW BEEN REPORTED TO HAVE TRANSMITTED PICTURES OF A HUGE CITY-LIKE STRUCTURE dubbed a "Martian metropolis". The probe was reported by the Soviet scientists as having also transmitted pictures of an immense oval shadow 5km long on the Martian surface, images recorded using both optical and infrared cameras. The oval-shaped shadow seemed to be cast by an object in the sky, as ridges and valleys are clearly visible beneath it.

"There's no doubt it's a shadow - but a shadow of what?" asked Dr John Becklake of the London Science museum.

"The city-like pattern is particularly fascinating. It's 60km wide and could easily be mistaken for an aerial view of Los Angeles.

"The criss-crossing lines on the film frame are about 4km wide. And they show up

on infra-red - which means they're emitting heat. That's very puzzling indeed considering that Mars has an extremely cold carbon dioxide atmosphere."

A final stream of data transmitted before *Phobos 1* vanished has not been released by the Soviets, whose official news agency *Tass* announced that an "unknown object" approached the craft before they lost contact.

"*Phobos* was possibly struck by a small piece of rock which happened to be in the same orbit," said Becklake.

"But if this is the case it's hard to understand why the Russians won't let anyone see the film."

After the failure of the twin Soviet Mars probes, perestroika may bring international effort to bear.

"We're ready to share anything with the United States, even bases on Mars," said Mr Valerei Barsukov, director of the Vernadsky Institute of Geochemistry and Analytic Chemistry, earlier this year. Economic restraints coupled with new superpower cooperation could force scientists to find a "more reasonable" approach to space exploration, he told reporters at an impromptu news conference.

The Soviet Union plans to fly two more unmanned Mars missions in 1994 and 1998. The 1994 probe will deploy weather stations, a surface drilling apparatus and instrument-laden balloons to gather data over a wide area.

"We think we should end the century bringing samples from Mars as the first stage in preparation for unmanned flight to Mars," Mr Barsukov said, claiming that the Soviets already have the technology - but not the funds - to send humans to Mars. This and the unknown bodily effects of weightlessness for prolonged periods may prevent such a mission until 2025, he said.



NUKES IN ORBIT

MORE THAN 30 NUCLEAR REACTORS HAVE BEEN LAUNCHED INTO SPACE by the Soviet Union alone. Carrying enough enriched uranium to potentially contaminate wide areas when they fall back into the atmosphere and disintegrate, these reactors power Soviet spy satellites similar to the *Snap* series also deployed by the US. The Soviet space reactors are used to power highly energy-consuming radar systems which track US naval vessels. The US equivalent uses solar panels.

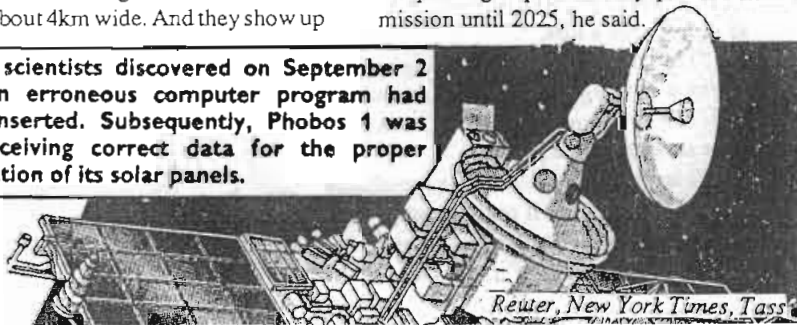
At least two Soviet reactors have fallen back to Earth after failed attempts to boost them to higher orbits once their short lifespans were over.

Although the subject is highly classified, the damage the reactors are doing to a branch of astronomy has led the US to release some data on the subject. After a team of scientists from the University of California, Riverside, accidentally detected four space reactors with a gamma ray telescope suspended from a high-altitude balloon, Federal data was released leading to disclosures in four articles in *Science* earlier this year. The space reactors may eventually put out enough gamma ray noise to conceivably ruin this entire branch of Astronomy.

Many are now pushing for a total ban on space reactors. Physicist Dr Joel Primack of the Institute for Particle Physics at the University of California, Santa Cruz, claims that if a launch of such a reactor was aborted, enough enriched radioactive material could fall back to Earth "to make several weapons".

Los Angeles Times

Soviet scientists discovered on September 2 that an erroneous computer program had been inserted. Subsequently, *Phobos 1* was not receiving correct data for the proper orientation of its solar panels.



Reuter, New York Times, Tass

Stellar Bodies

AFTER YEARS OF EXPERIENCE IN SPACE, WE NOW KNOW that the human body undergoes massive changes in a weightless environment.

Lesser ailments astronauts and cosmonauts experience in space are blocked noses, indigestion, insomnia, headaches, motion sickness, nausea and fainting spells. These are all caused by a lack of gravity, as are symptoms of "space adaptation sickness" which strikes 50% of all astronauts at some time.

"On Earth, the brain receives signals from the body that give information about position and movement. Some clues are visual. Some come from nerve endings on the feet or legs that tell the body, 'I'm sitting' or 'I'm standing'," according to Bernard Harris, flight surgeon with the NASA Space Biomedical Research Institute (SBMI) near Houston.

"There are also little hairs attached to nerves in the middle ear. These hairs dangle down and tell the brain what's going on..."

"In the weightlessness of space [there is] a conflict of inputs," and the brain learns to ignore the conflict after a few days.

More serious problems emerge with time. Blood pressure and heartbeat rate drop slightly, the heart 'deconditions' and becomes smaller and possibly less powerful. The muscles waste and astronauts lose strength as if they were bedridden. The bones demineralise and shed calcium at a rate believed by NASA to be about 1% per month. Soviet research suggests that the amount varies; after long missions one cosmonaut lost about 5% of his bone mass while another lost almost 20%, says Michael Bungo, director of the SBMI.

Blood and plasma shift from the legs to the chest and head, and the kidneys attempt to remove the apparently excess fluid by urinating. After a week in space the body loses about 15% of its fluids.

"If they can't stand up and get out of the shuttle, that's a problem," said Bernard Harris. Many astronauts suffer from fainting or dizzy spells. About a third of all astronauts on early shuttle missions fainted or felt faint after standing up on return to Earth.

Exercise is only a partial solution. "Sweating in space is a big mess," says Harris. "Sweat in space looks like mercury out of a thermometer. It rolls around like a big blob. It covers your body like a sheet of jello."

One solution to the problems caused by weightlessness is to have a craft or section of it rotating, so that centrifugal force will provide artificial gravity for crew members - like the Soviet spacecraft depicted in the film *2010*. On long missions some form of artificial gravity may be necessary for crew survival.

A more serious problem is radiation.

Normal cosmic radiation beyond the protection of the Earth gives shuttle crew members a dose of *about* 30 millirems of radiation per day - the equivalent of about two chest x-rays. The 'international standard' safe radiation dose is about 60 microrads per minute - 86.4 millirems per day. But Queensland's 'safe maximum' level is only 38.8 millirems/day.

But solar flares - likely on long interplanetary missions or tours on space stations - and the Earth's Van Allen belts produce lethal doses of radiation and present the greatest danger of all.

It's possible that a strong magnetic field generated around spacecraft could shield the occupants from these lethal doses.

- *The Washington Post*

MEXICAN SMOG

MEXICO CITY IS A POTENTIAL ECOLOGICAL CATASTROPHE. Built in a basin 2,240 metres above sea level and crammed with about 20 million people it is the world's largest and most polluted metropolis. Ecologists fear that a protracted thermal inversion, where cold air is trapped under a layer of warm air, would turn the city into a gas chamber and cause many deaths.

Most of the pollution (75%) is from cars because of the low quality of Mexican petrol and the altitude, which makes combustion very inefficient. Unburned hydrocarbons mix with nitrogen oxides to form a toxic photochemical smog under the intense sunlight. The main component of this smog is ozone (biologically dangerous at ground level) and ironically is the result of the state petrol company introduced a new petrol in 1986 in response to public outcry about the level of lead pollution. Without catalytic converters on cars the new fuel caused ozone levels to increase dramatically, shrouding the city in a brown haze every day.

Washington Post



MICROSCOPIC MACHINES

MACHINES SO SMALL YOU NEED A MICROSCOPE TO SEE THEM are emerging in a new technological revolution. Springs a fortieth the width of a human hair, turbines as small as 60 microns (about the width of a hair) and other machine parts are made of silicon using similar processes to those evolved for growing computer chips.

Early this year the University of California at Berkeley built the world's first working micromotor - a tiny turbine driven by static electricity. The turbine, with blades 110-microns long, spins at 24,000 revolutions per second; faster than many jet-engine turbines.

The cost of such motors is minute - as little as a tenth of a cent - and will fall with mass production. Micro power saws for intricate eye surgery which could be fuelled by sound waves or electrostatic charges are being researched as well, but applications are so varied that no-one can imagine all the directions in which this technology can go.

"Researchers for many years have sent probes to study the oceans and outer space. We hope to study the inner world," says Iwao Fujimasa of Tokyo University's Research Centre for Advanced Science and Technology, whose goal is to produce a robot less than a millimetre in size which can travel through veins and inside organs.

Because these motors are made in nearly identical ways to microchips, it's possible that entire systems complete with chips, sensors and motors may be built in a single process, according to Dr Richard Mueller, co-director of the Berkeley sensor and actuator centre.



Healing With Oxygen

Sometimes we overlook obvious solutions to complex problems. This simple breakthrough may transform our views of health, healing and the human lifespan.

MANY DIFFERENT ELEMENTS, BASIC COMPOUNDS AND ASSORTED NUTRIENTS ARE REQUIRED FOR THE CONTINUOUS CONSTRUCTION OF THE PHYSICAL BODY. It has long been recognised that shortages of these essential raw materials can produce a bewildering variety of disorders and malfunctions.

We should expect that the greater the body's required proportion of a given element, the more central and crucial its biological functions and the more severe and generalised the health problems that would result from a shortage of it. Logically, a serious deficiency of the single most vital element in the body would do the worst damage of all, and the most basic.

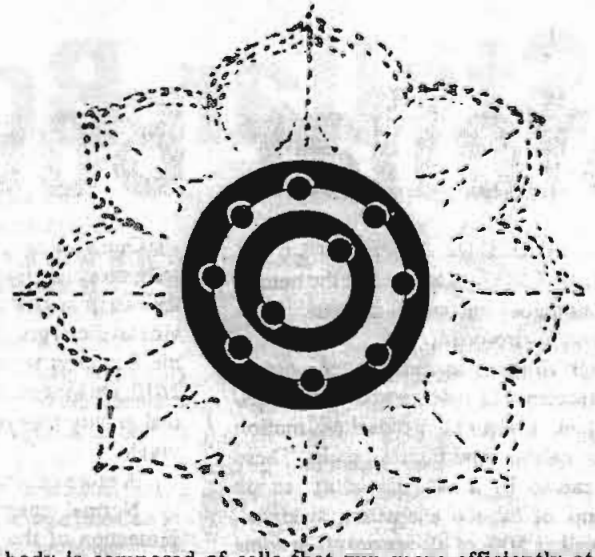
The element that the body is primarily composed of is oxygen. A healthy body is around four-fifths water; water is eight-ninths oxygen, which is also present in most of the other organic compounds. The body is over two-thirds oxygen, more than twice as much as all the other elements combined. Through oxidation, the body generates heat and energy from whatever fuel it consumes and disposes of its toxins and any unwelcome microbes.

No other element needs to be constantly pumped into the body to keep it functioning. Five minutes with no oxygen would put most humans in serious trouble. Ten minutes and they'd be out of the game or severely brain-damaged, except under certain rare conditions.

The essential role of oxygen in our type of life is widely known in a general way; however its full implications do not seem to have been examined. Nor have the possible consequences been considered of a continuous, gradual decline in the air's oxygen level on the physical and mental health of an individual or civilisation.

Why Oxygen Therapy Works

THE APPLICATIONS OF THIS PRINCIPLE TOUCH ON EVERY ASPECT OF OUR LIVES, INCLUDING EVEN OUR ABILITY TO THINK ABOUT IT. The basic mechanism is that all hostile microbes and disease growths are unable to tolerate high oxygen concentrations in the fluids around them. A healthy



body is composed of cells that run more efficiently at higher internal oxygen tensions, enough to keep any passing antagonistic germs from establishing a culture among them. Should the body's oxygen percentage drop into the range that allows diseases to occur, it can be raised back up to a healthy level by taking in certain other concentrated oxygen supplements, which usually are naturally occurring substances.

With oxygen therapy we aren't creating artificial chemical conditions in the body, but restoring its oxygen balance closer to the range it was originally intended to have. Even patients in very advanced states of disrepair have recovered by correcting their oxygen saturation, if started before irreversible structural damage has set in.

Thousands of people have now overcome their various disorders through oxygen therapy in one form or another. A growing number of physicians in Europe and the US are offering either intravenous H_2O_2 (hydrogen peroxide) or ozone (O_3) blood infusions for patients with a wide variety of disorders. Many other individuals are simply treating themselves by drinking a dilute H_2O_2 solution and/or absorbing it through their skin, and reporting full recoveries. North American consumption of Food-Grade H_2O_2 is reported to be rising over 15% each year, as its personal and agricultural applications catch on.

Earth itself is half oxygen, so it is practical and appropriate to compose its creatures mostly of that plentiful element. But if our bodies are over two-thirds oxygen, we must be concentrating that considerably out of the available supply in the air, which is currently only about one-fifth oxygen at best and much less in some places. The lower the proportion of oxygen around us, the more work is required to extract what we need and less energy is available for other tasks.

The water we contain must be constantly cleaned with fresh oxygen. Single-atom oxygen is so reactive it only lasts as a free atom for perhaps a millionth of a second before oxidising the nearest appropriate molecule, such as those in potentially harmful contaminants and microbes.

On the land or in a body, water can be anywhere from highly active, oxygenated and clean to stagnant and teeming with microbes that live on fermentation instead of oxidation. Water carries extra oxygen along with it either loosely in solution, such as it might pick up going over a waterfall, or tightly bound as H_2O_2 molecules, which occur naturally when water encounters ozone, ultraviolet rays or electrical discharges, in snow and rain and when ice and fire collide.

H_2O_2 is also formed in the bodies of all higher life forms on Earth and plays key roles in many of their metabolic pathways.

Along with haemoglobin, it is what the body uses to move extra oxygen around. It is also the first thing the immune system puts out in response to any microbial invasions. H_2O_2 is carried into infected areas, to destroy pathogens with the highly reactive singlet oxygen it brings and lets loose. Blood platelets release H_2O_2 on encountering any membrane-perturbing particulates. *If the immune system has available enough oxygen to do its job, no hostile micro-organisms can do theirs, nor cancerous growths occur, simply because they can't survive such high concentrations of oxygen.*

Obviously these functions are a lot harder to carry out if there's a significant reduction in the available oxygen for making the H_2O_2 .

Animal and plant cells contain microbodies called peroxisomes, which are involved with the continuous production and breakdown of H_2O_2 . But beyond that, according to *Stedman's Medical Dictionary* (24th Ed) for example; "The role of peroxisomes in mammalian cells is not yet clarified." For the function of peroxisomes to be clearly understood, it will be necessary to acknowledge the central role of H_2O_2 in our immune systems and elsewhere, with all of its ramifications, including the link between massive oxygen depletion and the current Age of Disease.

Disease consists of either an invasion of the body by identifiable hostile microorganisms, or by some part or system of the body deteriorating apparently on its own, as with cancer. These conditions can occur only when the oxygen content of the affected fluids and tissues drops well below the optimum level required for healthy cell growth and activity and into the range where low-oxygen microbes or anaerobic growths can exist.

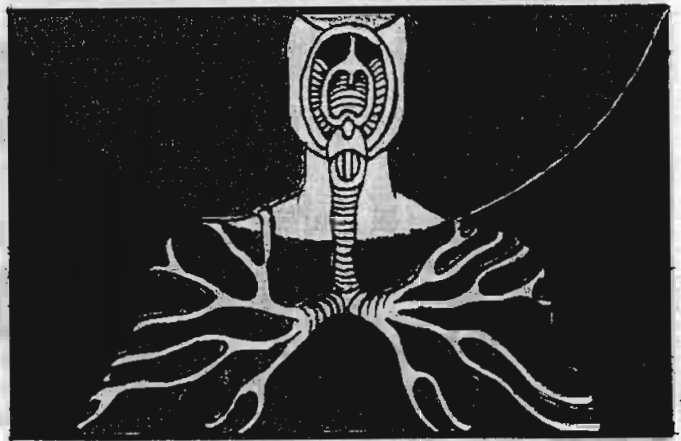
Either of these can be a highly potent weapon against disease. Together they offer the world a future health outlook entirely different from the usual grim expectations.

Whatever other nutritional errors may have occurred, a body in a diseased state has not been getting enough oxygen.

The most direct short-term solution to a body's oxygen shortage is to supplement whatever has been extracting by breathing, since that obviously wasn't sufficient, with some other concentrated source of oxygen.

Ozone (O_3) is pure oxygen with a third atom on each molecule, which splits off easily to oxidise germs or whatever else needs oxidising. Its therapeutic capabilities are wide-ranging and well documented (See *NEXUS #8 News*). But it can't be stored; it has to be generated as needed. The single oxygen atoms all come loose and combine with each other, so you wind up with a tank of regular oxygen (O_2). Still, there are conditions that appear to respond more swiftly to O_3 than to H_2O_2 .

Pure H_2O_2 is 94% oxygen, since each oxygen atom is 16 times the size of a hydrogen atom. It is the most concentrated source of oxygen in liquid form available at normal temperatures. H_2O_2 can be easily stored and transported and is simple to dilute and use, whether orally or by soaking it through the skin to get the body's oxygen level back up toward what it was supposed to be in the first place.



Either one of these can be a highly potent weapon against disease. Together they offer the world a future health outlook entirely different from the usual grim expectations.

If oxygen's the main thing we need, it might be a good idea not to burn it all up, unless we're quite sure we know how to replace it. Unfortunately, in many places it is still being treated as if there were an inexhaustible supply, just as seemingly unlimited clean water was taken for granted until fairly recently.

Free oxygen is so reactive that any given volume of it eventually all binds up into oxides of whatever it contacts that can be oxidised. It must be constantly replenished through photosynthesis, electrolysis of water or some other means. So much of the oxygen of Mars is bound up in its crust that we can clearly see the red rusty soil from here. Earth has been luckier, so far.

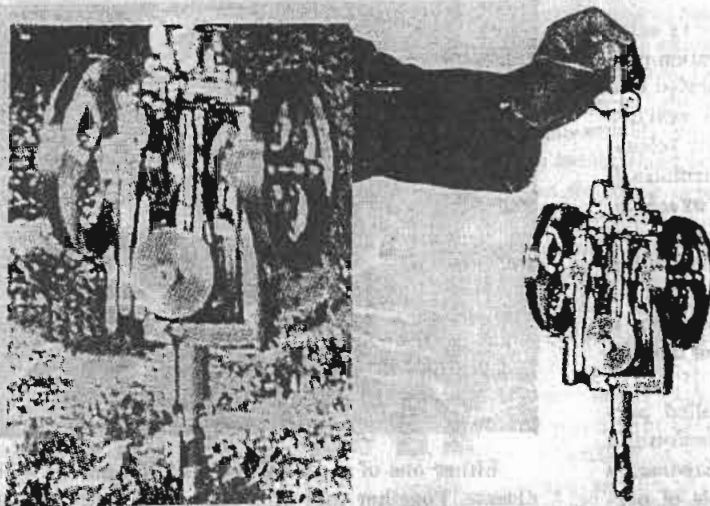
The oxygen percentage in the air over a number of cities has dropped far below the 21% figure listed in the encyclopaedias. In Eastern Europe, downwind from everyone else's pollution, even some forested regions have been measured at 15% or less oxygen in the air. After fighting the effects of acid rain for decades, the forests haven't enough strength left for normal photosynthesis. There are cities where the oxygen is consumed much faster than it can be locally replaced and when there isn't enough of a breeze to bring any fresh air in, the percentage can get low enough to asphyxiate some people right in their homes.

Anything under 7% oxygen in the air is too low to support a human even for short periods. If the lung surfaces are damaged by any of the amazing variety of modern airborne substances, they require more oxygen in the air if they are to keep their owner at least semi-functional a while longer.

Life-threatening declines of biologically available oxygen have become so widespread that this is seldom even recognised as a factor in disease, let alone a principal cause. Oxygen depletion creates a misleading "background level" of impairment of health and vitality that encourages people to accept as "normal" states of health and lifespans which are far below what is actually possible and desirable.

Symptoms of oxygen deprivation can include weakness, depression, dizziness, irritability, fatigue, memory loss, irrational behaviour, chronic hostility, circulation problems, bad digestion, lowered immunity to infection, parasites, tumours and various deposit buildups, and nameless dread. Cells undergoing partial oxygen starvation send out tiny panic signals which are collectively felt as a continuous vague sensation of immanent disaster. This low-level generalised warning tends to get tuned out as background noise or attributed to other sources of uneasiness, but it still adds considerably to the overall tension and irritability in the areas where the oxygen level has most declined.

Continued on Page 42



Anti-Gravity Machine!

"SCIENTISTS WILL SIMPLY HAVE TO ACCEPT THAT I AM RIGHT AND PHYSICS IS WRONG," according to 52-year-old Scots engineer Sandy Kidd.

"Only then can we open up the universe and take man to Mars in just a few hours longer than the present flying time between Sydney and London."

These outlandish (even unearthly) claims would normally be consigned to the 'out' pile - but not when they come from Sandy Kidd. His invention, the Kidd Machine, is now being funded by an Australian high-tech company and, although it shouldn't work, it does - repeatedly.

Sandy Kidd set out to create an anti-gravity machine in 1980, a device which could power flying saucers with the energy of high-speed gyroscopes. While working as a planning engineer with a North Sea oil company for four years, he spent almost every spare minute in a makeshift workshop in his garden shed in Dundee, Scotland. Then, at Christmas, 1984, his machine generated its first vertical thrust. "Not much, but it was there and I was over the moon," he recalls. A few weeks later the device was demonstrated at Imperial College, London, for Professor Eric Laithwaite, an expert on gyroscopes.

After watching the 3 kilogram, 45 cm unit with a gyro at each end of a crossarm, rise from the test-bench against a counterweight, he described Kidd as "ingenious".

"What we have here is a potential space drive," Laithwaite said. "Properly developed, this would take you to the outer universe on a spoonful of uranium."

Two years later, research physicist Dr Bill Ferrier of Dundee University examined the device on campus. "Its potential is mind-boggling," Ferrier announced.

Sandy Kidd is now living at Endeavour Hills near Dandenong, Victoria and working under developmental contract to BWN, a company based at Dandenong. A second prototype was tested in Melbourne for three days under supervision of specialised engineers. Placed in a sealed wooden box, it was suspended from a chord attached to an overhead beam fitted with sensitive measuring instruments. Powered by a model aircraft engine, the entire device lost weight as the vertical thrust overcame the force of gravity.

"It created enough thrust to float a small orange through the middle of a room," said Kidd. "People in the laboratory were clearly shaken."

The Kidd Machine produces lift without reacting on air, water or a solid surface and therefore appears to be defying Newton's Third Law of Motion which says that every action must have an equal and opposite reaction.

"What Kidd has achieved will certainly shake the scientific world to the core when they realise the implications of the results," announced Astrophysicist Dr Harold Aspden, of Southampton University. "It should now be possible to build a machine big enough to lift itself off the ground with a full payload."

BWN refuses to divulge laboratory details, but the device has been demonstrated on a number of television programmes. "Full public disclosure would simply encourage others to build similar devices and perhaps overtake us," says Noel Carrol of BWN. "Industrial espionage is another risk we face."

Work still needs to be done to increase lift and design a commercial prototype.

"It may take us several years but we'll get there," says Kidd.

AIDS Incarceration

AN AIDS-INFECTED PROSTITUTE WAS WIDELY REPORTED AS HAVING BEEN PLACED IN DETENTION in a major Sydney hospital after she admitted to continuing to have sex with clients. Known as Charlene, the woman was admitted to hospital last July and subsequently held against her will under little-used section 32A of the 86-year-old Public Health Act.

NSW State Health Minister Mr Collins said the woman had been aware she was carrying the AIDS virus and worked as a prostitute in the Kings Cross area.

"The fact is we had someone out there acting in such a way which could and probably has spread a potentially fatal disease to a large number of people," he announced in early August.

All very well - except that there have been very few statistically-inferred cases of AIDS infection from a woman to a man via vaginal, oral or anal sex - and no confirmed cases of female-to-male transmission at all. What we *do* have is a confirmed transmission route only from males to females - and then probably only during anal sex - making the prostitute herself the only one at risk.

"I am going through a bit of hell and trouble because they won't let me out," said Charlene. "They won't let me go for a walk. It's like a prison."

"They see me as a danger, but there are people here who have got full-blown AIDS and are leaving; I've just got the antibodies," she said in a Channel 10 interview.

"Again they are locking up the prostitutes and not the clients of prostitutes, which is very distressing," responded Ms Roberta Perkins, a leading campaigner for prostitute's rights.

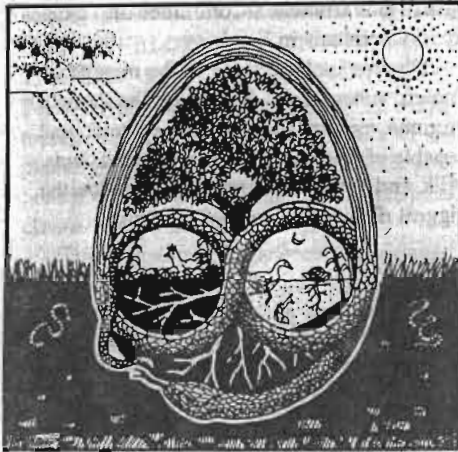
Despite all the mental programming about AIDS that world and national health bodies are pushing to the contrary, vaginal heterosexual sex has still not been proven to be an HIV transmission route by any statistically acceptable studies. After nearly a decade of searching for heterosexual transmission, none has really been found (see *AIDS - The Real Story* - back page of this issue).

In many countries reckless behaviour by HIV-affected people has been legislated against. This is sensible - except that people can be jailed for taking no risk at all as an end result of a disinformation campaign about AIDS which is still underway. People are being jailed despite there being no chance of them spreading AIDS in this way.

Continues next page

Before anyone knew better it was considered prudent for public health bodies to err on the side of conservatism and assume that AIDS was spread heterosexually. Now that we know it isn't, a very lucrative health service monster has been created whose survival depends on our believing it is.

Don't waste your life worrying. It isn't. It is spread mainly to receptive partners during anal sex and by sharing needles with AIDS-infected people (Charlene herself is an ex-I.V. drug user). And by contaminated blood products. Strangely enough, most developed nations including Australia still screen blood supplies for only a handful of known diseases. Many 'under-developed' nations don't screen supplies at all. But in late January this year, the Indian Government withdrew a vaccine from public distribution - because batches of it were found to be contaminated by the HIV retrovirus.



Whole Earth Computerised

REMEMBER THE *WHOLE EARTH CATALOGUE*? The famous New Age compendium is now a computer programme.

"Our 3 kilogram catalogue showed us we couldn't get any larger in print," explained catalogue founder Stewart Brand. This updating means that users of Apple (and soon other) computers can not only access 3,500 articles on a vast array of subjects along with 3,000 full-screen digitised illustrations, but also listen to excerpts from 700 music recordings, book readings, or bird calls. The information is stored on CD-Rom - which means you need a Compact Disk drive to use it. But the CD can still be used for ordinary audio disks as well.

ANCIENT ORATORS

ISRAELI ARCHAEOLOGISTS HAVE UNEARTHED A 60,000 YEAR-OLD 'NEANDERTHAL' SKELETON that shows for the first time that so-called 'primitive' types of humans could - and did - speak.

The finding of a skeleton containing a U-shaped hyoid bone (which lies between the chin and the larynx and anchors the muscles that move the tongue, lower jaw and larynx) in Kebara cave in Israel was described in *Nature* earlier this year. In shape, size and position the Neanderthal hyoid bone was identical to that of modern humans and indicated that "the anatomy of speech was the same" and that they "could speak in the same way," according to Dr Baruch Arensburg, chief author of the *Nature* paper.

Other Israeli scientists discovered the skeleton of a more advanced hominid - anatomically identical to modern humans - who lived 30,000 years before the 'more primitive' type, confirming similar puzzling findings elsewhere.

If both lived in the Mediterranean at the same time and could speak, "you almost have to imagine that they would have worked out some way to communicate," says anthropologist Fred Smith of the University of Tennessee.

The 90,000-year-old 'modern' skeleton, also reported in the same issue of *Nature*, was found in the cave of Es Skjul. It was found near other similar remains which turned up last year and were dated to around 40,000 years old. These indicate that the Neanderthal and modern types may have co-existed continuously for 50,000 years.

The finding of 'modern' humans of similar antiquity has pushed back the age of our particular branch of hominids at least 100,000 years in the past two decades, forcing revisions of anthropological theory whose bewildering implications are only recently being considered.

Beijing Person Not Chinese?

NEW AUSTRALIAN RESEARCH ON THE PLASTER CAST OF A SKULL FROM THE PEKING MAN FOSSIL SITE near Beijing contradicts the belief that the ancient human bones from the site are linked to modern-day Chinese people. Findings published in the *Journal of Human Evolution* suggest that the modern Mongoloid

population are relative newcomers to Northern China.

A six year study by Dr Johan Kamminga, visiting fellow of the Australian National University, centred on comparing a cast of the "Old Man" skull from the Upper Cave site at Zhoukoudian with other skulls from around the world. The skull was found above the more ancient site where *Homo Erectus* remains of Peking Man were excavated 60 years ago.

Using a sophisticated computer technique, colleague Professor Richard Wright of Sydney University took 33 different measurements of cranial features and compared them against 2,000 skulls. Professor Wright concludes that the skull was not Mongoloid, but had more African and Australoid features.

Dr Kamminga cites recent Chinese evidence which shows the Upper Cave fossils are 10,000 years old, not 18,000 as previously thought. He says that if these more recent bones cannot be linked to the modern Chinese population, then it becomes extremely unlikely that the far older (230,000 to 460,000 year old) Peking Man fossils from the Lower Cave are either. Dr Colin Groves, a leading Australian physical anthropologist, believes the Upper Cave remains may be related to the Siberian aboriginals and the ancient Japanese people, the Jomon, who are partly represented in today's Ainu people. He considers it unlikely that *Homo erectus* (early Peking and Java Man) was a direct ancestor of modern *Homo sapiens*.

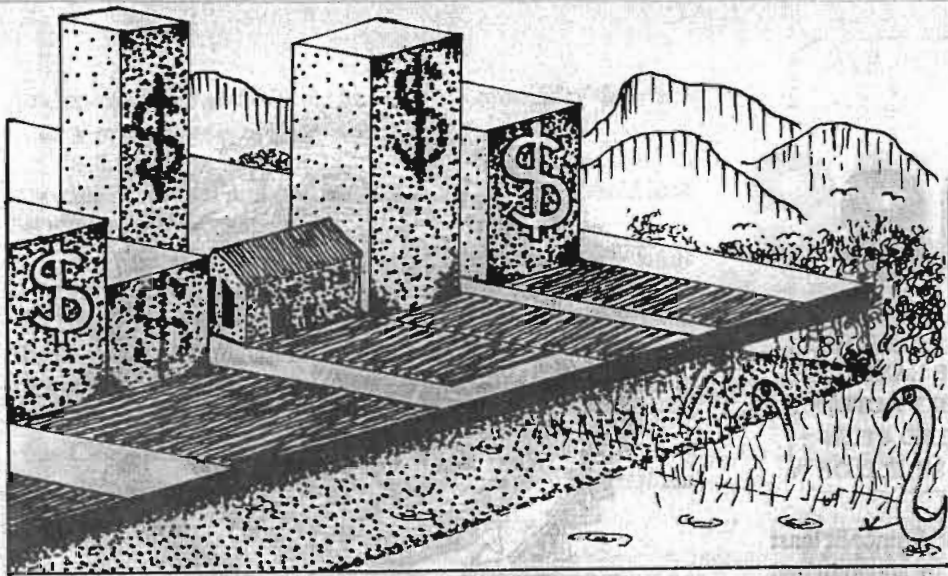
The modern Mongoloid population was present in China 5,000 to 6,000 BCE, when rice farming was well established in the south. According to Dr Groves, until about 6,000 BCE the world's humans were more robust in form and during the early Holocene (10,000 to about 4,000 BCE, following the end of the last Ice Age) modern forms took over.

"Over this time in Europe we saw the modernisation of the Cro Magnon types into modern Europeans," he says.

"In Australia there was the change from the robust types represented by the fossils at Cow Swamp into modern Aborigines and in Africa there was the evolution of the robust people... into modern Africans..."

"I think between 120,000 and 150,000 years ago there was a rapid change of these archaic forms [*Homo erectus*], probably in northeast Africa, and the change was into anatomically modern *Homo sapiens*, who then spread into the rest of the world."

If Peking Man is not an ancestor of the modern Chinese, their origins are now unknown.



The NEW COAST

THERE ARE OVER 200 DEVELOPMENT PROJECTS PLANNED OR UNDER DEVELOPMENT ON THE AUSTRALIAN EAST COAST NORTH OF NEWCASTLE. In Queensland 32 major tourist projects are underway, another 41 are planned and 30 housing developments proposed. Coffs Harbour shire has 14 projects planned or under construction.

The wetlands and mangroves threatened by much of this development are essential breeding grounds for birds and fish. As a recurring resource they are vital to the future. The Queensland Commercial Fisherman's Association is so concerned about the potential for damage to fish stocks that it has employed environmentalists up and down the coast to help in preparing the case for the defence against development projects.

In Port Macquarie the Hastings Municipal Council says that by taking an active role in tourism it can stop developments that harm the environment. Port Macquarie has 51% of its land in foreshore reserves, national parks and wildlife reservations and has limited high rise development. The council is planning more than \$100 million worth of short-term development (a hospital, a 150 unit hotel and a new RSL) which it hopes will act as a catalyst for \$2 billion worth of tourist-related development.

The largest planned resort is a 60ha \$750 million project at Port Shores by local developer Brian Tierney. Hastings Council rejected the original plans because they devastated wetlands and mangrove. The new scheme involves building a resort next to an artificial lake well away from these areas, with a small tourist/residential development on the Hastings River.

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ARE YOU (STILL) EATING POISON?

ORGANIC FOOD HAS MOVED INTO THE MAINSTREAM. The demand for organic produce is growing at a remarkable rate, and those farms supplying it cannot produce enough. Over the last decade turnover in health food stores has trebled to \$300 million a year through an estimated 1,500 outlets in Australia. Many supermarkets have introduced health food sections, Woolworths describing the growth of their section as "continued and substantial". As a result organic produce is being imported to meet demand.

Suburban Melbourne in particular is seeing an influx of organic foods, with fruit shops in some areas going organic or creating organic foods sections to stem the flow of customers to health food outlets. The general rise in fruit and vegetable prices due to recent climatic instability is also making organic foods more competitive.

Organic Efficiency

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The study compared farmers of both types operating similar size farms producing the same crops. One surprising figure that emerged from the research was that the size

of organic farms used in the study averaged 755ha, against 728ha average for the conventional farms. The difference in yield between the two was only 0.1 tonnes per hectare, so there is only a minimal loss of output involved in switching to organic production, although it takes around 5 years to make the transition.

As well as there being little difference in yield there are savings on costs like fertilisers, pesticides, machinery and equipment. Even in those cases where sustainable agriculture is more labour intensive - which is not as common as widely believed - the costs savings make up the difference. There is therefore no reason why well-managed organic farms cannot compete - while providing more local employment. The president of the Biological Farmers Association said that interest has increased dramatically in the last two years.

The industry is largely self-regulating, but organic cooperative groups have set up an approval system to ensure that land is free of chemical residues. The National Association for Sustainable Agriculture is developing a series of classifications for produce, ranging from grown without chemicals in soil free of chemical residues down to lower grades.

Studies in the US have also found that organic farms can have yields and profits as high as chemical-using farms. At present about 1.5% of America's farms are organic, but the level is expected to reach up to 9% in the next few years as the shift to organic methods gathers pace. In a survey by *Organic Farming* magazine 84% of Americans said they would eat organic food if available and 49% said they would pay more for it. Over the past 6 months 20 US supermarket chains have begun stocking organic produce in response to increasing consumer demand.

A *Sydney Morning Herald* survey of 1,000 people around Australia found that 83% would prefer their food without chemicals and were prepared to pay more for it. Men are less concerned than women about chemicals in food - 78% compared to 88% - but there is little difference between Labor and Liberal voters. National Party supporters are less concerned, 31% believing that the use of chemicals is sensible and safe. By age groups people between 25 and 54 are most concerned. The results of this survey show how strong community awareness of the issue is; only 2% said they didn't know if they preferred their food grown and processed without chemicals.

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O Zone

AFTER A SECOND "HOLE" IN THE OZONE LAYER APPEARED IN THE ARCTIC LAST YEAR, SWIFT ACTION IS BEING CALLED FOR AROUND THE GLOBE TO STEM THE THINNING OF THE EARTH'S SOLAR SHIELD ON A GLOBAL SCALE.

Although people have known of the problem since at least 1974, it is only now that the disastrous effects are apparent that action is being taken.

In 1987, 37 countries signed the Montreal Protocol, a pact to protect the ozone layer by cutting the output of chlorofluorocarbons (CFCs) by 50% by the year 2,000. Even at that time the decision was widely decried as 'too little too late' by many environmentalists. A later meeting in London agreed to a cut of 85%, but this has yet to be ratified by some countries. Finally seeing the problem for what it is, almost all of the countries at the London meeting agreed to reduce CFC production by 100% - by the year 2,000. But what's really needed is a minimum cut of 85% *now* to stabilise stratospheric chlorine levels and stop ozone depletion. These chemicals will still be circulating in the atmosphere, damaging the ozone layer for decades.

These CFCs can also trap 20 times as much heat per molecule as carbon dioxide, making them a major threat to planetary greenhouse warming as well.

Another series of ozone destroying compounds, known as halons, are widely used in fire extinguishers. Nowhere near as common as CFCs, they nonetheless cause up to 10 times as much damage to the ozone layer. Australia has no legislation to cover halons.

In 1987 New Zealand recorded a 20% drop in ozone cover for two days. Tasmania and southern Victoria recorded drops of 10%. Last year depletion rates were slightly worse for these areas.

Change in the Air

PROGRESS HAS BEEN MADE IN AUSTRALIA IN PHASING OUT THE USE OF CFCs: The aerosol industry is voluntarily replacing CFCs with hydrocarbons, except for a few aerosols used in medical treatment, by the end of this year. Consumption is expected to fall from 4,500 tonnes in 1988 to almost nothing by 1990, and all use of CFCs in aerosols has been banned in Australia from the end of this year.

Last June buyers for 700 NSW and Victorian supermarkets decided to voluntarily ban any new products containing CFCs or halons. Composite Buyers Ltd, which supplies Tuckerbag, Payless, Rite-way, Goodfellows, MFC and Budget Rite super-



markets, has also decided to *eventually* cancel existing CFC based products, according to general manager (retailing) Etienne van der Merwe. The ban includes *new* aerosol air fresheners, fly and hair spray, deodorants and foam egg cartons, plastic trays and cups and other polystyrene products.

Coles New World, with 360 supermarkets across Australia, says they have had a similar policy in force for the last three months.

Substitution of CFC 22, which is not dangerous to ozone, for CFCs 11 and 12 for plastic packaging and foam furniture is reducing from 1986's level of 3,500 tonnes. Added to the 3,700 tonnes of CFC 11 and 12 used in refrigeration, Australian consumption of CFCs will still be over 7,000 tonnes in 1989 - a truly disastrous figure in the long-term, as almost all of these chemicals will still be in the atmosphere generations from now.

Industrial giant ICI has decided to close a CFC plant down over the next two years in response to public wishes. Mr Ted Amor, ICI's site planning manager at its Botany complex in Sydney, says the closure is now possible because 'ozone-friendly' hydrofluorocarbons (HFCs) have become a viable alternative. ICI will build a HFC plant at another site.

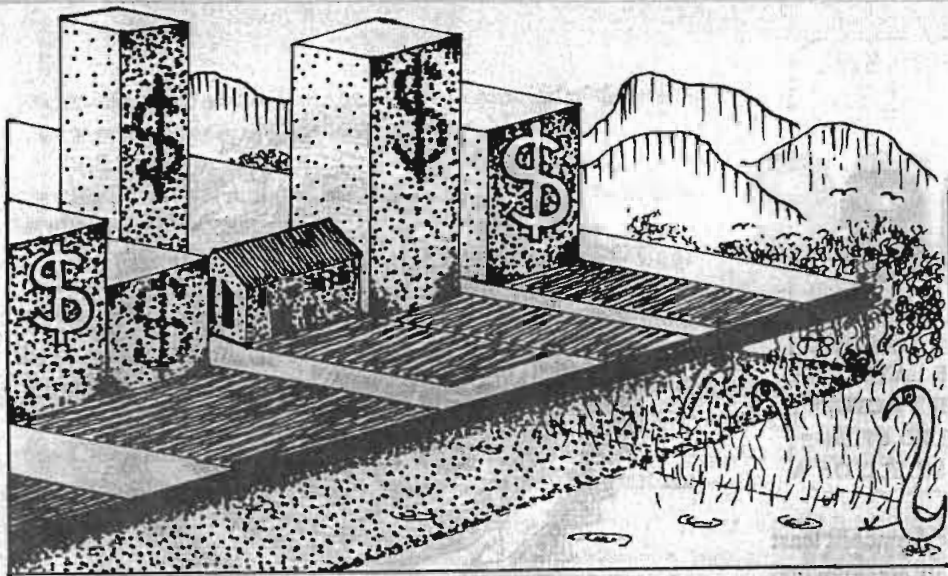
Aerosol CFCs can be easily replaced by hydrocarbons or dimethyl ether. Air conditioners can use HCFC-22, a CFC which causes only 5% of the damage that CFCs do. Other 'ozone-friendly' CFCs such as HFC-134a are being developed, but will cost 4-5 times as much as their present counterparts.

But according to Stuart White of Friends of the Earth, the Australian government is encouraging local companies to dump unwanted CFC products on overseas markets.

"The government is trying to pacify two major Australian companies that supply feedstock for CFC manufacturers," he said in June.

"The government has forced companies to cut back CFC use just enough to satisfy all parties.

"Everyone is aware of the dangers of CFCs in aerosols. But the major problems of the future are CFC exports, foam rubber, the growth in consumption of highly processed foods, meat



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and animal products, and the need for refrigeration of these and the growth in car air-conditioners.

"All these products are CFC-dependent. But instead of looking at ways to reduce the amount of CFCs we should look at alternative materials."

One of the feedstock chemicals for producing CFCs is carbon tetrachloride, a potent poison; it's a very dirty industry.

Margaret Thatcher has proposed that British fridges should have a deposit included in the purchase price which would be refunded by manufacturers when refrigerators or CFC cooling units are returned for 'recycling'. Reclamation of the dangerous CFCs still in their cooling systems by manufacturers is now possible - meanwhile, don't throw out your fridge if it can be repaired.

Convert Your Fridge

A GROUP OF CFC ALTERNATIVES HAS BEEN PATENTED BY THE US CHEMICAL GIANT DU PONT. Two new refrigerants, HFC 134a and HFC124, are blends of existing ozone-safe refrigerants that mimic the properties of CFC 11 and 12. Replacement of CFCs in aerosols and packaging has been undertaken rapidly but only a single alternative has emerged for refrigeration. HFC 134a is in a 5 year toxicity testing program but Du Pont believes the technology will lead to a more rapid phasing out of CFCs. Importantly, *the new blends can be used in existing equipment* with only minor changes, so that the world's \$250 billion worth of refrigeration equipment will not have to be replaced.

Australia has received a trial batch of the blends, but commercial quantities will not be available until around 1993. Du Pont has a good incentive to get HFC compounds into production - their price is expected to be 4 or 5 times higher than conventional CFCs.

Backpedaling

ACCORDING TO THE EUROPEAN COMMUNITY COMMISSION THE EC PRODUCES 40% OF THE WORLD'S CFCs, of which one third is exported. EC environment ministers are pushing for cuts in CFC production of between 85% and 100% by the end of the century instead of the 50% cuts agreed to in the Montreal Protocol. Countries that are backing the move to tighter standards are Denmark, West Germany, the Netherlands and Britain, and they are also looking at revising the Montreal Protocol to include these standards.

The Montreal Protocol calls for a freeze on CFC consumption at 1986 levels and a 50% reduction during the 1990s. If production of CFCs is cut by 90% in 10 years time it will take 50 years longer for the same amount of ozone to be replaced than it would if the 90% cut was made tomorrow.

In reality, even the new 'stringent' cuts called for by the EC ministers are still inadequate.

Tasmanian Conference

THE FIRST INTERNATIONAL CONFERENCE ON THE OZONE LAYER AND RELATED HEALTH EFFECTS was held in Hobart last May. It examined scientific evidence of changes in the ozone layer and levels of ultraviolet radiation. Diseases including eye cataracts, skin cancers and melanomas were also studied.

"We know that the incidence of melanoma is going up around the world and has been since the war," said Professor Terry Dwyer. "The rates in the southern hemisphere appear to be higher than in the northern hemisphere. But there has been no definite link so far with the high rate of melanoma and the ozone layer." (*See Dreamstory in this issue*)

The conference advised that children's should be kept indoors in the middle of the day. Solar 'block-out' creams were also downplayed as merely a second line of defence, as they don't stop damage to the body's immune system by UV radiation despite reducing sunburn. Furthermore, an ingredient used in most sunscreen lotions can break down into a cell-altering substance. The ingredient, padimate O, is designed to block UV radiation but can cause cell changes itself.

Greg Giles, director of Victoria's Anti-Cancer Council, told the conference that incidence of melanoma in Australia is increasing by 6% per year for men and 5% per year for women.

Researchers estimate that a 3%-6% thinning of the ozone layer leads to a 6%-12% increase in UV radiation striking the ground.

What To Do

THE AUSTRALIAN PUBLIC IS NOW BEING TOLD TO AVOID THE SUN between 11am and 3pm and to wear hats and sunglasses and use block-out creams and umbrellas. This is, coincidentally, the sole solution recommended, at first, by the Reagan administration to the American people.

Planting trees is a very good idea. Not only do they help repair the atmosphere, but they provide shade. And remember - long hair is nature's sun-shield!

Or you can mutate now and avoid the rush.

Gerard

Falling In and Out of Love

NLP (NeuroLinguistic Programming) is the study of human experience. Applying it can lead to the discovery of many interesting patterns and one of the most interesting is the process of falling in love and out of it again. The difference between these two transitions lies in just *how* we think of experience with our lover.

In both stages we deal with pleasure and pain in significant different ways.

To fall in love we

ASSOCIATE into pleasurable thoughts and DISSOCIATE from unpleasurable ones. Association is the act of thinking as though it were really happening, and Dissociation is thinking of it as an observer. The following exercise will demonstrate the differences.

1 - Think of an unpleasant time in the past and SEE yourself having a bad time. This is DISSOCIATION.

Now step into the picture and FEEL what that person is feeling. This is ASSOCIATION.

You might now like to step out again.

2 - Think of a pleasant time in the past and SEE yourself having a good time. Once again, this is DISSOCIATION.

Now step into this picture and FEEL what that person is feeling. Once again, this is ASSOCIATION.

You might like to keep the memory that way.

The difference is profound. No wonder we seek out the other person. Some people process their memories by associating into the painful ones and dissociating from the pleasurable ones. They can have trouble forming satisfying relationships. Luckily we can learn to think differently and even create a positive outlook by reversing the process.

To fall out of love we reverse the process too. Once we pass a critical threshold of negative events with our lover, we associate into unpleasant thoughts of the lover and dissociate from pleasant ones. Thus the good times are just PICTURES but the bad times are FEELINGS. And love lasts according to feelings more than pictures.

Recently I talked with a woman who said she had never been in love in her life and on investigating I found she thought of all her relationships in a dissociated way.

The development and decline of relationships generally follows that pattern. It is possible to define the stages more closely. They are

attraction, appreciation, habituation
expectation, disillusionment, THRESHOLD
reorientation, verification, termination

ATTRACTION: We meet someone and find them attractive and interesting. This may last for one minute, one night or longer. It may lead on to

APPRECIATION: The other person's qualities are just so great! we filter experience to notice how superbly s/he meets our emotional needs, etc. At this stage both parties regard themselves as a couple, whatever the legal definition of the relationship is. Next comes

HABITUATION which is the process of becoming used to something. An important ingredient for a long-lasting relationship. We can feel secure that the other will not leave us and the added strength from the security of having our emotional needs met enables us to cope with life even more successfully. We feel more complete.

Ideally, we should slide from habituation to appreciation and back again with excursions to the exciting phase of attraction. Some try to recapture excitement through inciting jealousy in the partner but this is not a great idea; although it may prevent habituation, it destroys security (and its benefits) and may lead prematurely to termination.

Unfortunately, the stage of habituation can lead to **EXPECTATION** where we now take the good things for granted. We forget how it was and expect the positive aspects of the relationship to be ours as a right rather than a creation between two people. The negative results of this are quite obvious in love making. It can become a duty instead of an enticement. Now we notice when things AREN'T there, rather than when they are.

Once it was wonderful when s/he rubbed our feet, now we notice when that s/he doesn't. There are more complaints than compliments. This takes us to

DISILLUSIONMENT: We "realise" the other person isn't so great. Paying attention to unfulfilled desires is a sure way to feel dissatisfied and unloved. It's a pity that some of us respond to feeling unloved by concluding that the other person doesn't love us and is even unloving by nature. When described so simply, it makes us seem pretty silly sometimes, but remember this is a description of the **PROCESS** of what we do and not why we do it with all its complexities and richness. The virtue of this description is that it helps us make changes in what we do more easily, by focusing attention on how we are processing the relationship in our mind.

Even at this stage of degeneration the relationship is relatively easily salvaged. Not so once enough disappointments have occurred and a critical

THRESHOLD is reached. This is the stage where we start associating to the negative and dissociating from the positive.

Then follows a thorough **REORIENTATION** where we decide we now know the **REAL** person and we don't like what we've found. We are now aware only too well of their imperfections. Sometimes we decide that they have changed. "He used to be so nice, but now..." With this new filter in place, it's not surprising we find

VERIFICATION in the other's behaviour. "I just don't know what I saw in her. Look at the way she behaves!" The new filters verify through repeated detection of the other's flaws, the uselessness of continuing with the relationship. Sometimes the effect of crossing **THRESHOLD** can be neutralised by outside intervention, eg a counsellor, but if that does not happen then the logical step is

TERMINATION: Love has died and ashes remain. Of course, some remain a legal couple even for decades past this stage, preferring the misery they know to the uncertainties of change.

NLP studies maintain there are key activities needed to create (other than by chance or fate) high quality, long lasting relationships.

1 - Know what you want and what your lover wants. Know what this means is sensory experience; not just that you want to feel loved, but what you will see, hear and feel your partner doing that makes you feel loved.

2 - Have the commitment and flexibility to DO what your partner wants and the commitment and flexibility to do what makes your partner WANT to do what you want.

3 - Have the sensory awareness to know whether this is actually happening or not. Pay attention to your sensory world, not just your ideas about what is happening, or should be happening...

4 - Have commitment to learn, if necessary, how to take yourself and your partner back to attraction, appreciation and habituation should it be needed.

Knowing these stages can help make us aware of just what we are doing with our relationships and whether we are still cycling through that fulfilling pattern of habituation, attraction and appreciation and back again. If we have passed that but have not yet reached Threshold, we need to recognise the worth of what it is we have, perhaps comparing the present state with what it was like before we met the other. If Threshold has been passed, then it may be time to seek outside help or even to proceed to Termination. A life of conjugal misery is surely the least rewarding option.

Using NLP or any other effective intervention is preferable to resigning yourself to a static, negative relationship. As human beings we have a right to a rich, rewarding life, one which invites and enables us to know directly, through our senses and our spirit, the fulfilment possible to human beings.

by JON LONERGAN

Met. P. (4) NLP (9) 290 5450 NLP CENTRE

OZ PETROL WORLD'S WORST

PETROL REFINED IN QUEENSLAND HAS THE WORLD'S HIGHEST LEVELS OF LEAD, containing 0.84 grams of lead a litre. This compares to South Australia with 0.65g per litre and other states which are below 0.45g. The health risks associated with high lead levels are well known, as are the effects on the mental development of children.

North American lead levels are 0.026g a litre in Canada and 0.029 in the US. *The whole of the US puts 2600 tonnes of lead into petrol each year while Queensland uses 2100 tonnes a year.* This is a result of the lack of legislation to limit the amount of lead added to petrol to increase its octane rating. These figures have been collected by the Australian Cane Farmers Association to support their campaign to replace lead with a 10% mix of environmentally clean(er) ethanol, which would eliminate lead while maintaining octane levels. At present the oil companies are using benzene as a substitute, but this is recognised as a carcinogenic air pollutant. Of course, a cane-based ethanol industry would not hurt Queensland sugar growers.

Australian lead-free petrol also contains more sulphur than is allowed by most developed nations. Oil companies are now not required to remove the atmosphere and health destroying sulphur as part of the switch to lead-free petrol (the rotten-egg smell that's arrived in our streets since the introduction of lead-free petrol is sulphur).

AFR

Dissolving Plastic

A NEW PLASTIC WHICH BREAKS DOWN IN SUNLIGHT is being used by some retail chains in plastic shopping bags.

It's hoped that the plastic, known as Polybatch 17, will provide an alternative to plastic bags and wrapping. Added to low-density polyethylene plastic, it causes it to break down in reaction to ultraviolet radiation. Within a few months it degrades to a fine powder which is claimed to be non-toxic.

Although this will have little impact on plastic's contribution to atmospheric pollution, it could save countless numbers of marine animals which are killed by ingestion of plastic - as well as helping to reduce plastic disposal problems.

Coles supermarkets and the Cut Price Deli chain have replaced their standard plastic shopping bags for the new plastic.

The fact that the plastic breaks down to a fine powder does not mean that it is biodegradable, despite some claims. As yet there is no evidence that it can be broken down bacterially - this is necessary before plastic can be considered environmentally safe. And if it's not exposed to sunlight, the plastic won't break down.

The Victorian and Queensland environment ministers, the Australian Democrats and the NSW State Pollution Control Commission criticised the use of the bags in July, before having seen or tested them. This prompted a spokesperson for Cut Price Delis to say that critics had produced no evidence that the bags were unsafe and should "put up or shut up."

Sludge Off Beaches

OCEAN DUMPING OF SEWAGE SLUDGE IS BEING HALTED at Sydney's three major outfalls. Sludge, which contains the bulk of dangerous organisms and a large amount of industrial toxic waste, is the major source of dangerous viruses and bacteria found at Sydney's sewage-polluted beaches and the major sewage carrier of contaminants into the ocean food chain.

Viruses capable of causing meningitis, myocarditis, fevers and a range of other infections were identified in the water at Bondi by a Water Board study completed in early July. Tests made on water samples taken from February to April showed the presence of enteroviruses, Coxsackie B viruses, adenoviruses and salmonella. Polio vaccine strains were also found in swimming areas.

The sludge is to be collected on land, where a new Australian-designed microwave system will be used to kill off all pathogens in the sludge, which can then be converted into by-products such as fertiliser - if the heavy metals and organochlorines contained within industrial waste can be screened out.

A pilot scheme being tested at the Water Board's Malabar treatment works could enable some of the sludge to be converted to oil. Another system is being set up at Malabar which uses magnetism to clarify raw sewage 20 times faster than conventional methods.

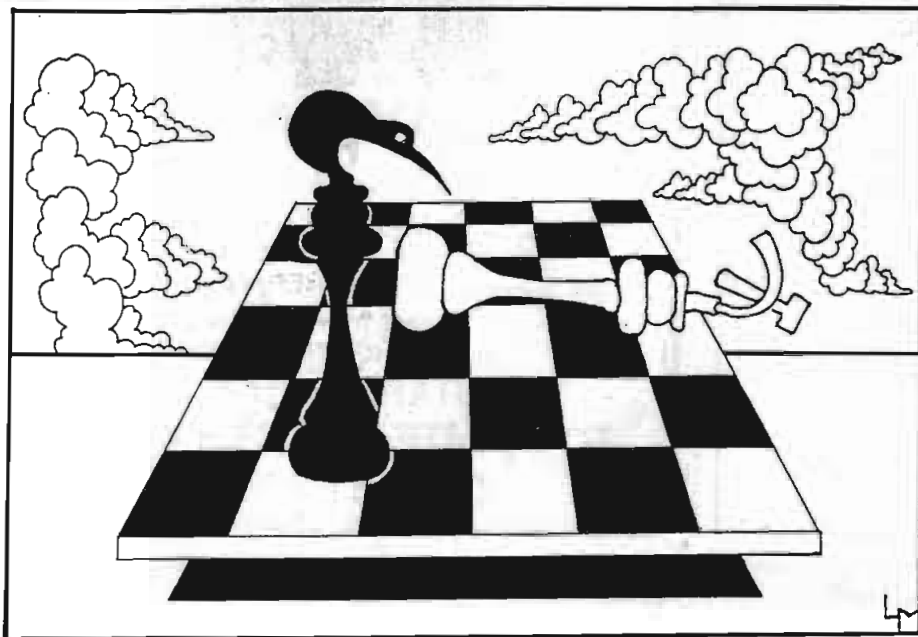
The Sirofloc system developed by the CSIRO separates sludge and water so effectively that treated water is colourless and suitable for irrigation.

NZ Chess Snub

NEW ZEALAND HAD PLANNED TO HOST THE WORLD CHESS CHAMPIONSHIPS in Wellington next year, but Soviet grand master Vitaly Sevastyanov says he won't go.

"Sevastyanov said there was a hole in the ozone layer that lets in dangerous radioactivity," announced New Zealand Chess Association president Bill Poole in early July.

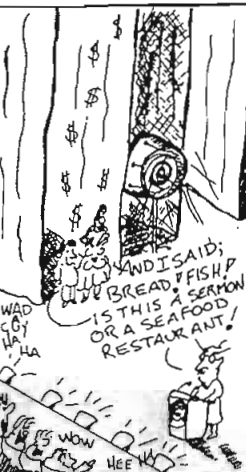
"He said that New Zealand is dangerously radioactive and no-one should go there for any reason, and on no account should they play the world chess championship there. Frankly, I thought he was pulling my leg," said Mr Poole. Sevastyanov is a former Soviet cosmonaut.



PUNDI IS IN THE HANDS OF TV EVANGELISTS! DR MOCK IS EXPOSED AS A DICKNOSE. (AND IS PAID VERY WELL FOR THE CENTRE FOLD)



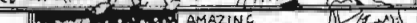
AND NOW OUR VERY OWN



SPOT THE DOG HERE- ON THE SPOT AT AN- OTHER PUNDI RALLY. WHO IS THIS GURU? DOES HE EAT PEANUT BUTTER, JAM AND BANANA SANDWICHES? JUM AND TUMMY BICKER ARE SAID TO...



IT WOULD APPEAR THAT AN ACT OF GOD HAS LEFT ME DISMEMBERED. HOWEVER, I SEE NO REASON FOR THIS AFFECTING MY TV CAREER?



BINGO! THANK YOU! THANK YOU! YOU'VE BEEN A WONAFUL WONAFUL AUDIENCE!

JUM! WE'VE HIT THE BIG TIME! WE'RE RICH! THIS GURU GUY IS POPULAR!



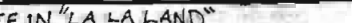
MAYBE TOO POPULAR. I PLAY SECOND PIANOLA TO NO ONE! (NOT EVEN THE TAX DEPT)



WOW! FAN MAIL. I'VE BEEN INVITED TO OPEN AN INDUSTRIAL PARK!



I'LL PACK THE CASH REGISTER AND I'LL PACK THE GUN!



... AND SO IT IS WITH GREAT PLEASURE THAT I PLANT THIS... PLANT??



WHA? CHOKED MOCK! HUH??



OK GENTLEMEN PLEASE. A WEE BIT MORE DECORUM! BY THE WAY YOUR BOTH UNDER ARREST; FRAUD AND TAX EVASION. AND MR PUNDI... PUNDI... PUNDI...??



PUNDI - OFF IN "LA LA LAND" IT LOOKS LIKE RAIN INDEED - IT DID.



END

A NEW SCIENCE OF LIFE?

Rupert Sheldrake is an English biochemist who studied cell biology, the development of plants and the ageing of cells. In 1983 he published *A New Science of Life: The Hypothesis of Formative Causation*, written over a year and a half in an ashram in southern India. This book provoked great controversy, leading journal *Nature* saying that it was "the best candidate for burning for many years".



The questions Sheldrake tries to answer are ones that have remained unanswered although widely recognised by other biologists. If he is right our understanding of the evolution of biological forms has been completely revised, if he is wrong the debate that has ensued can only help in the search for answers that have so far eluded orthodox science.

His theory of formative causation is deceptively simple and has intuitive appeal because it connects the past with the present in a direct, though intangible, way. As such it is a causal factor unrecognised by physics and is outside the conventional, mechanistic approach that science is built upon. This approach treats living organisms as complex machines obeying the laws of physics and chemistry and seeks to explain life in terms of these laws. While extraordinarily successful in detailing the components and workings of organisms it has led to only a limited understanding of the complexity of life. Sheldrake is seeking a broader science of life.

What his hypothesis suggests is that present forms of life are influenced by previous generations of the same type; it is concerned with the repetition of forms. The greater the numbers the greater the influence, so it becomes more likely over time that current forms will be patterned on their ancestors. While this sounds like a reasonable proposition it has some amazing implications. It is also a radical departure from the idea that all lifeforms are solely determined by their genetic inheritance.

Morphogenetic Fields

Formative causation works through what Sheldrake has called *morphogenetic fields*. These can be regarded as analogous to known fields of physics because the effects they cause are observable even though they themselves are not, like gravitational or electromagnetic fields. Since each type of organism has its own characteristic form each must have its own specific kind of morphogenetic field - one for protozoa, one for amoeba, one for muscle cells of earthworms, another for sheep's kidneys, one for elephants, another for each type of tree and so on. At all levels of complexity the forms of systems are developed and maintained by morphogenetic fields.

Morphogenetic fields do not act alone, but in conjunction with traditional energetic and chemical causes studied by biophysicists. However something has to account for the emergence of pattern and form in organisms, and Sheldrake suggests that this is due to the action of specific morphogenetic fields. These are hierarchically organised, from cells to tissues to organs then to organisms as a whole, working at each level to organise the processes of growth and development. The higher-level fields restrict and pattern the lower ones.

The idea of a causal influence from previous similar forms requires an action across space and time unlike any known type of physical action. The medium for this action is called *morphic resonance*, which operates like radio transmissions that can be picked up by tuning a receiver to a particular frequency. Present forms are receivers for the 'transmissions' from the past and so their development is influenced by these

past forms - in Sheldrake's phrase 'the forms of past systems influence all subsequent similar systems'. This does not mean that there are not differences in detail between past and present similar forms, but there is a process of averaging, with those features that most past forms have in common being reinforced. Receptivity to specific morphic frequencies depends on the system or organism's internal structure and organisation.

As time goes on the cumulative influence of previous systems confers increasing stability on the morphogenetic field and the more likely it is to be repeated in the future. There is a pathway of *morphogenesis* (the coming into being of characteristic and specific forms) that is created and strengthened by succeeding generations.

Formative Karma

Sheldrake contrasts his theory of formative causation with what he calls the 'conventional' theory. This is the mechanistic, materialist view that all life forms are solely dictated by their genetic and chemical structures. The hypothesis of formative causation regards the forms as the *causes* of subsequent similar forms.

"However, this is not a metaphysical but a physical proposition, and is capable of being tested experimentally.

"If this hypothesis is supported by experimental evidence, then not only might it allow the various matter fields of quantum field theory to be interpreted in terms of morphogenetic fields, but it could also lead towards a new understanding of other physical fields." (p. 118)

The hypothesis can be summarised in the following way:

All material units like atoms, molecules, crystals, organs and organisms are given their form and internal structure through non-physical fields called *morphogenetic fields*. Each kind of morphic unit (i.e. material unit) has its own characteristic morphogenetic field. In the morphogenesis of a particular unit all past members of its particular type or species are causally linked to all present members.

"...Organisms of the same variety or race will resemble each other not only because they are genetically similar and subject to similar genetic influences during morphogenesis, but also because their characteristics are reinforced and stabilised by morphic resonance from past organisms of the same variety." (p. 130) Characteristic forms are determined by similar previous forms which act across time and space by a process called *morphic resonance* acting through the morphogenetic field.

Sheldrake isn't suggesting that the causative role of morphogenetic fields is conscious design, but emphasising that not all events are explained by purely physical fields.

The effect formative causation has on the probability of a given creature or object having a given structure is that it determines only the most widespread features of its species. For example, in the development of an organism from a fertilised egg, features appear in a sequence of the organism's



order, family, genus, then species before any characteristics which distinguish the individual from other members of their species appear. In Sheldrake's terminology there is an increasing specificity of morphic resonance during morphogenesis.

Repeatable Experiments

Where Sheldrake differs from other researchers who have proposed holistic theories of form and being is that he claims there are replicable experiments that prove the existence of formative causation. The scientific community usually reacts badly to what they see as metaphysical explanations of problems which can't be solved by conventional reductionist methods.

In his first book, several possible experimental tests are outlined. He considers the case of a newly-synthesised organic chemical which has never existed before (pp. 106-110). According to his theory its crystalline form will not be predictable in advance, but after it has been crystallised for the first time its form will influence subsequent crystallisations by morphic resonance. The more often it's crystallised the stronger this influence should become.

Chemists who have synthesised new chemicals often have great difficulty in getting these substances to crystallise for the first time. But over time, as increasing numbers of past crystals contribute to the morphogenetic field, these substances tend to crystallise more and more easily.

Sheldrake proposes dividing a batch of a newly synthesised chemical into three and separating them and comparing crystal forms under controlled conditions when growing larger batches from them. If the batch which has the largest number of crystals exerts the strongest influence on the form of subsequent crystals, this will be evidence to support Sheldrake's hypothesis.

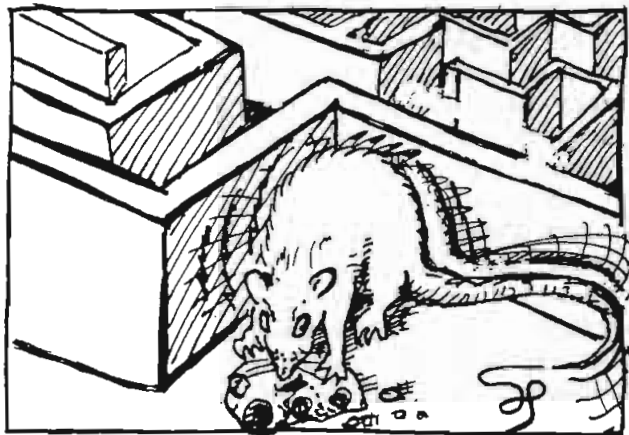
A similar experiment using hybrid seeds is also proposed (pp 133-134). Three batches are grown under controlled conditions to determine contributions of morphic resonance to the characteristics of the plants. Testing for environmental and morphic effects on plants could be done using a new variety of self-pollinated crop, by growing plants in two very different environments. Comparing their effects on an original batch of seeds could show relative effects on the morphology of subsequent plants. Any sort of transmitted environmental influence of this sort is inexplicable in terms of a mechanistic theory.

It's this willingness to propose experiments and have his theories tested by other scientists which distinguishes Sheldrake from many other theorists. He is an excellent scientist and an imaginative plant physiologist and what he proposes is scientifically acceptable. The scientific method is to test theories and hypotheses in order to gather evidence for their proof (verification or falsification).

Biological science has many unsolved problems despite the cracking of the genetic code. The conventional approach argues that a little bit more research will be able to explain these anomalies in physical and chemical terms. This makes the evidence gathered in a large-scale experiment using television virtually inexplicable.

Conventionally Inexplicable

In Sheldrake's television test, a picture containing a hidden image was shown to about 2 million viewers in Britain. A picture hidden within a design was found to be easily recognisable after it had been shown. The pictures were shown for one minute each, always with the overall picture first. Different groups of people were shown the pictures a few days before the TV transmission and tested for their recognition of the hidden picture; this was repeated a few days later. **The proportion recognising the hidden picture increased by 76% after the transmission.**



This increase is statistically significant at the 1% level of probability - that is, there's a probability of less than 1 in 100 that this result was obtained by chance. Parameters were carefully checked, cheating was ruled out and controls were used. These positive results may be explicable by factors other than morphic resonance, but the outcome would seem to make repeating the experiment a good idea.

Sheldrake sees morphogenetic fields as capable of explaining aspects of quantum theory, evolution (not just genetic), instinct and habit - both of which depend on morphic resonance as well as just the physical forms of matter and life. The repetition of behaviour builds up its own morphic resonances which become our instincts and daily habits.

An experiment with rats which was begun in 1920 in the hope of testing Lamarck's theories of inherited characteristics provided results which support the hypothesis of formative causation. One prediction of the theory is that the larger the number of animals that have been trained to complete a specific task in the past, the easier it should be for subsequent, similar animals to learn the same thing.

An increased rate of learning in both trained and untrained rats in successive generations would support the hypothesis. In this experiment (p. 189), the number of errors made by a rat before it learned to leave a tank gave a measure of its rate of learning. The experiment continued for 32 generations and took 15 years to complete; there was a marked tendency for rats in successive generations to learn the task more quickly. The average number of errors made by rats in the first eight generations was 56, but by the last generation only 20 mistakes was the average.

A critic of this experiment repeated it in Edinburgh over 18 generations and included a parallel line of untrained rats, which were tested for their rate of learning as a control. For some reason, all the rats found it much easier to learn the task in this second experiment than in the first! A considerable number of rats in both trained and untrained lines actually knew how to do the task immediately. The average score of the Edinburgh rats at the beginning of the experiment was similar to the result of rats tested in the previous Harvard experiment after 30 generations.

The experiment was carried out again in Melbourne where the rates of learning of trained and untrained lines were measured for 50 successive generations over 20 years. A marked tendency for rats of the trained line to learn more quickly in subsequent generations was found - but exactly the same tendency was also found in the untrained line.

The results of these experiments - which began 70 years ago - are completely inexplicable using any orthodox scientific idea but are seen differently in the light of the hypothesis of formative causations.

Perhaps the now-debunked New Age "Hundredth Monkey" story propounded by Ken Keyes was the right idea on the wrong track - or another example of morphic resonance.

Available from Adyar and T.S. Bookshops, *A New Science of Life - The Hypothesis of Formative Causation* by Rupert Sheldrake (Paladin).

Gerard

Not just History... Nor only Herstory... but...

DREAMSTORY



Now this is a story... a bit of a yarn... gleaned from fragments in answer to questions asked of the Earth Mother while sharing deep meditation or matching breaths with the great trees, the living rock, and circles of her blood, her people.

Are they my memories? Their memories? Random fragments of imagination? Stimulated by.... what? Are fairytales memories? Is science fiction prediction? Is prediction science fiction?

The Dragon and the Phœnix

Once there was a young dinosaur who loved to play... and dream of wild impossible things. While rolling on her back in the shallow marshes she would watch the clouds as they rose up into the sky... she carefully noted the feathery wisps of steam as they separated from the swamp... the unbelievably huge bulk of the clouds... much larger than her... the absolutely lovely way they floated through the air... she of course would do it better... she would swim.

So she dreamed... awake and asleep... and she shared her dream with her friends... they added to the dream... each with their own heart's wish.

One day the earth shook as something huge fell out of the sky... it was dark for a very long time... and even when the light did come back everything had changed. The earth Herself would open up... right where you were walking... hot lava would burn... and I tell you some of those rocks would continue to glow long after they had cooled.

From the sky too there was a terrible intensity that stirred change deep inside her... she yearned to change... to move with her beloved Earth Mother...

She wove her dream of the wisps of the swamp mists into the pores of her own skin... the fires of the earth and sky combined to cause her internal image to shift and glide... it felt like her dream state had merged with her normal waking state... she stretched from her shoulders and her fingers became like the swamp vapours, but strong and flexible... and... when she pushed she could feel the air as if it was water... the air was in fact a lot thicker than it had been. She yearned for the lightness of the clouds and her bones became hollow... she called to the Sky... to the Light... and, as she pushed with her new skin like hair against the air, she rose into the sky... a bird.

She met others who had also had the dream of flight and she sang to them with her sweet new voice. Together they sang to the others still on the ground... they sang of the joy of flight... the freedom of the upper air... and some came... at first only a few... and then in their thousands... so that a new race of feathered sky people roamed the atmosphere, spreading the seeds for a different sort of new growth in a new world:

Oh, incidentally one of the primate groups also learnt to fly. They live along the coast... I've seen them gliding on their leathery wings through the night sky.

Did the dinosaurs disappear when a huge meteoroid hit the earth and triggered unprecedented volcanic activity? This could release a level of background radiation comparable to what we have today. The released carbon dioxide, then and now, could produce a greenhouse effect. The ozone layer could be depleted and the earth's magnetic field disturbed.

All of these things add to the possibility of mutation.

Mutation, if given, as in our cultures, disease status by the subject's emotional perception can lead to life-destroying cancer. But this is *not* an inevitable equation.

All evolution is in fact mutation. Those that prove useful in terms of survival and development are eventually incorporated into the genetic code.

A creature's life is not automatically threatened by the act of mutation... mutation is not inherently disease... it is evolution in action.

I often daydream about how I would like the increased radiation from the sun to change my skin... being careful not to reinforce skin cancer as an option... even if everyone says it is... I tell my skin cells that I would rather a slight change in the sub surface oils... something that will convert the extra energy into regeneration of the skins elasticity... perhaps it could also deepen my pigmentation to a beautiful golden brown. Yes... that would do nicely, thank you very much.

A joke ?

Yes and no. Those flippant remarks we make about ourselves and others have immense power. They often cause change on a deeper more subliminal level long after the conscious mind has dismissed them.

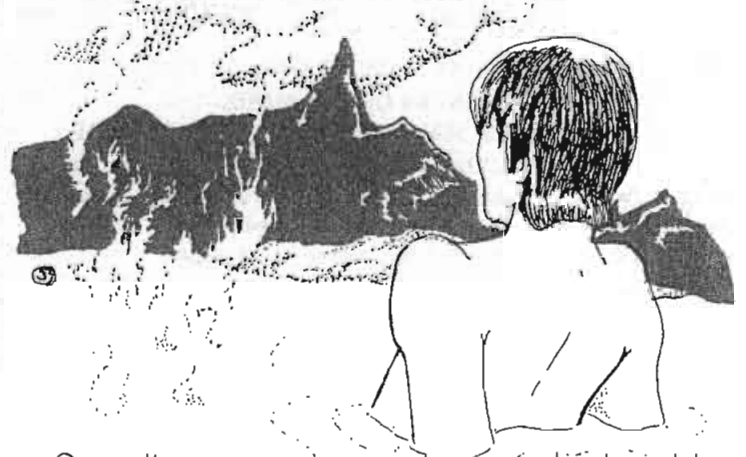
Evolution is led by the desires, the projections, the hopes as well as the hassles, the successes and the researches of life getting more into the ecstasy of awareness.

Sometimes evolution is centuries slow... and sometimes it is lightning quick.

We know that the body changes. It responds to how it is believed to be, both in our own minds and in the minds of those around thinking of us.

The body is programmed by our collective scents... within a person's smell is how they feel... what their chemistry believes... and our bodies use this information to adjust our subconscious and inter-racial communications... this in turn affects our growth and genetic beliefs.

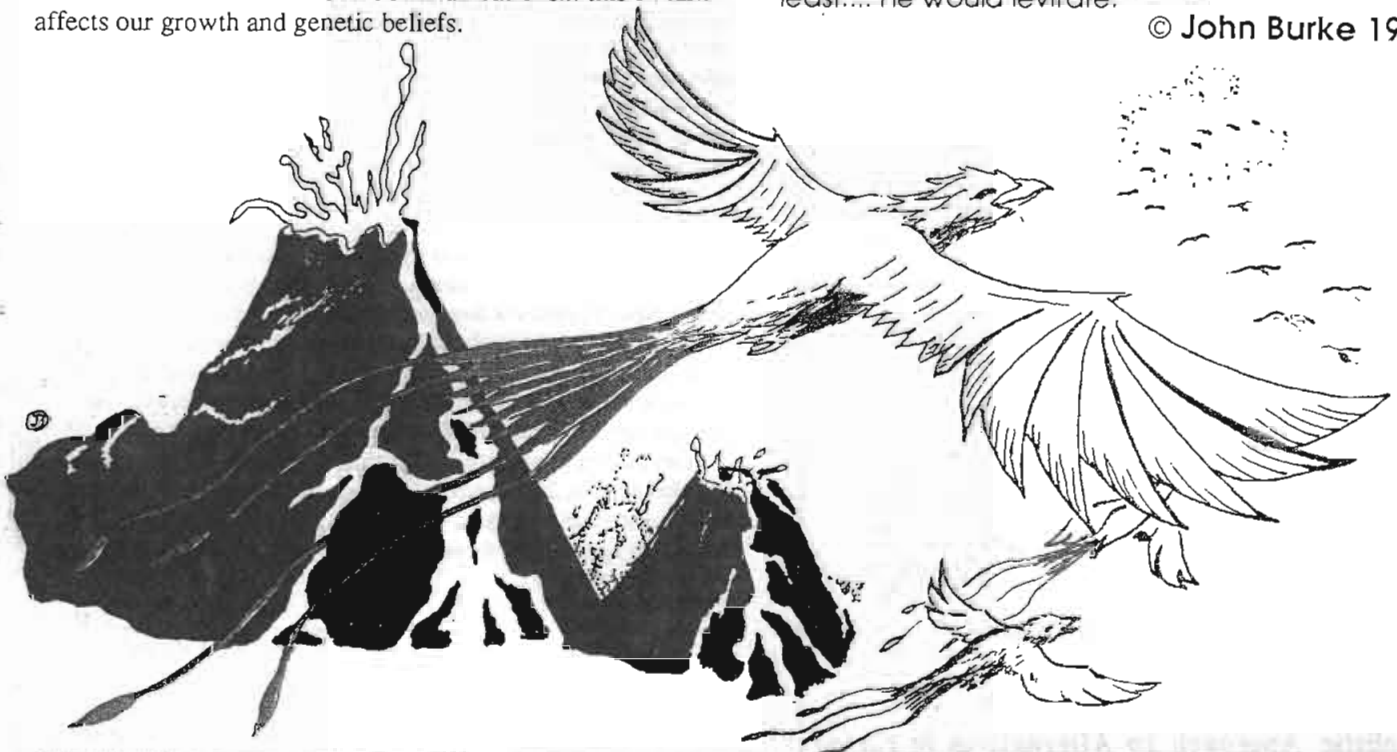
The birds did appear as the dinosaurs disappeared. Is it possible that some of the race evolved? Is this a regular occurrence? What picture would you wish for/believe (be alive) in if suddenly the earth's energies caused us to mutate?



Once there was a young human who loved to play... and dream of wild impossible things. While rolling around on his back in the shallow water near a river beach he would watch the clouds as they rose into the sky.... he carefully noted the way the water is visible at the surface... no... **as** the surface... then there is a moment of pure invisibility... as if the water changes the light that it relates to... and then, as if light and gravity were somehow related.... once one was shed so then was the other... and after that... even when the water again related to light that he could see, it was still free from gravity.... so that the unbelievably huge bulk of the clouds did the impossible... tons of water just floated through the air.

He of course would do it better, for a person at least.... he would levitate.

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INTERPRETING DREAMS

DREAMING WOULD HAVE TO BE ONE OF THE MOST FASCINATING EXPERIENCES OF THE MIND.

UNFORTUNATELY, HOWEVER, IT ALSO TENDS TO BE ONE OF THE MOST CONFUSING. Often we know a dream is trying to tell us something, but whatever it is eludes us. If our unconscious mind is trying to tell us something why doesn't it come right out and say it? Why the puzzle instead of the picture?

Well that would be too easy, wouldn't it? You see, dreams are riddles rather than statements. They ask us a question hoping that we find the answer to ourselves. Dreams aim to broaden our minds, to teach us what is beyond our comprehension. If the dream spoke directly to our present level of consciousness all would be easily understood but nothing would be learnt. They present us with what we are unconscious of, leading us slowly to higher self-awareness.

The dream is the *royal road to the unconscious*. Through following our dreams we discover what we are personally, socially and eventually collectively unaware of. The dream comes from the direction of the unconscious towards consciousness. Just before it arrives at the Ego it stops and teases us to come forward. The dream dances the twilight zone of our mind, drawing us into the darkness.

To interpret your dreams is to travel the royal road. Dreams offer us a passage into the unconscious, they give us a place to start. It's impossible to sit down and successfully think to yourself, 'O.K., what is it that I'm unaware of?' A dream tells us exactly what we are unconscious of and what's more it offers us a way in the unknown.

So how does one answer the riddle which the dream is? First of all, it's not the obvious. With any dream, be it your own or someone else's, you must say to yourself, 'I don't know what this dream means.' Admit if you are vexed, for the dream teaches us most when the mind is empty.

There are no fixed rules for the interpretation of dreams. Each dream is unique and has to be approached in its own way. Dictionaries of symbols, dream books and various psychologies offer us very little when it comes to the actual dream. For the riddle would not have been asked if its answer were readily available.

Getting into the dream is like penetrating the Holy City of Jericho. You can't bang on the front door and expect an easy entry and you can't jump the insurmountable walls. What you can do is begin a procession and walk around the dream several times, then stop and watch the walls come tumbling down and the meaning come flooding

Walking around Jericho is looking at the dream from all angles. Sit down and write out your dream. That's one lap. Next list all the components of the dream, be they persons, places or circumstances. The third lap is the most important. Next to the dream elements, write down all your *associations*. After this you may also *amplify* the dream. This is done through taking various symbols and themes from the dream and finding them in works of mythology, psychology and dictionaries of symbols. When all this is done, think about yesterday's events and go over the material, tossing and turning the dream in your mind. Now stop, pull back and *wait*. If you've made the procession inspiration is sure to hit (if it hasn't already). Slowly, cracks will appear and little insights into the meaning of the dream will abound. Before long, the walls will fall down and the dream will be yours.

Let me give you an example.

I am sitting at the beach fishing but I don't seem to be catching enough. All of a sudden two fishermen row in from the horizon with their boat piled full of fish. I think to myself, 'This is where I'll get my dinner' as the fishermen take their catch into the fish shop. When I go into the shop I ask for the fish but all I can get is fish that's been frozen. I am very disappointed.

Here's what the elements mean to me; fish - contents of the sea - unconscious. Inspiration. Fishing - sitting, waiting for inspiration, waiting for a dream. Not enough - not enough inspiration. Two fishermen - proper, serious students of the unconscious. Fish shop - a place where inspiration is stored and sold, books and bookshops. Frozen fish - inspiration caught and stored by others. Disappointment - from the wanting of fresh, personal inspiration.

After sitting and thinking about this dream it soon reveals its meaning. The dream tells me that if I want enough fresh inspiration I need to do more than just sit waiting for a dream. Also, I can't satisfy myself with the ideas gleaned from other people's adventures of the unconscious, their books are necessarily frozen inspiration. I must become like the two fishermen and make a serious art of dreaming. That way I'll have more inspiration than I need personally and I'll have enough to nourish others as well.

You know when you've interpreted the dream correctly when you get an 'Aha!' reaction. Just like a riddle, all of a sudden you 'get it' and everything makes sense. The dream transforms from a chaotic jumble of images to a cleverly choreographed koan.

If you penetrate only part of the dream or slip up in your interpretation, the unconscious will create a follow-up dream. If you fail to interpret the dream entirely, it will often come again. This is the phenomena of repetitive dreaming. You may also have a deep, deep issue which is slowly resolving itself. In such cases you have what's called a *dream series*; here various images repeat themselves time and time again revealing what you are ready to know. Each dream takes you one step at a time, leading you slowly to your greater self.

One last but important point. Dreams aim to rebalance a partial or lopsided attitude. They teach you a lesson. Once you understand the dream, put your newfound knowledge to work. Externalise the internal by applying the dream to your everyday life. In this way you honour your dream.

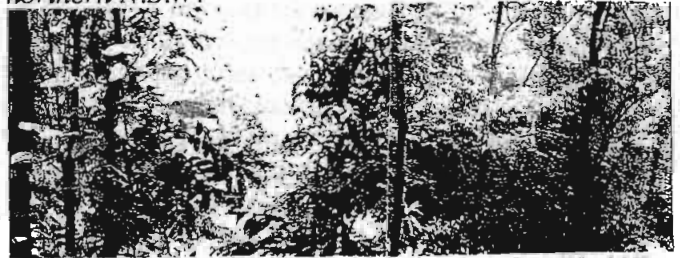
By Craig Jarman

who is available for astrological chart readings and
Dreamwork using myth & Jungian psychology.

Contact - (02) 747 2707

World First **TREE BANK**

How can we change our attitudes to the Earth and trees in a single generation? The idea of a Treebank - whereby people can directly invest in trees for the future without using money - is being explored in a small school in northern N.S.W.



Tallowood Tree Bank was officially opened on World Environment Day at Tallowood Community School at Bowraville. Parents, friends and children celebrated the day in the common purpose of Earth repair action and a shadehouse was built on the school grounds as a bank for trees.

Local people were invited to open their life savings account by depositing/donating trees to the Treebank. Initially, 330 Trees were deposited in the Treebank by local nurseries, residents and the Forestry Commission which will be used in environmental education and awareness programmes that promote Earth repair action by planting and caring for trees.

This learning experience is also aimed at teaching the value of trees rather than money. Giving away or swapping trees creates a new way of thinking about trees, forests, orchards and even economics.

The trees will be used in Tallowood School's reforestation project which includes the reclamation of a swamp area with the planting of rainforest species. The Nambucca Reforestation Society is also supervising the planting of a hardwood plot and windbreak to demonstrate the uses of trees.

The Earth Repair Foundation has enthusiastically supported the establishment of a food park in the school. Food trees including citrus and nut varieties will also be planted, tended and eaten by the kids. A bird bath will be built to accommodate the many species of birds and other wildlife drawn to bird-attracting trees. The bank will also be supplying trees for local tree planting activities and will loan other schools credit in the Treebank. Gifts of trees were made to all local schools for Arbour day.

Tallowood is taking advantage of a government minigrant for schools that improve their environment and is a great example of what can be achieved around the country for a minimal cost by a caring community.

Anyone can open a tree bank. People can deposit a wide variety of trees and 'withdraw' single species to build specific orchards. Trees also provide interest in terms of biomass, seed and grafting stock.

Days of Future Past

The Factual Predictions of Rosaleen Norton

BACK IN ISSUE 4 WE ANNOUNCED WE'D RUN STORIES ABOUT ACCURATE PROPHECY - PREDICTIONS WHICH HAVE ALREADY BEEN PROVEN CORRECT. NEXUS RECENTLY INTERVIEWED A FRIEND OF THE LATE ROSALEEN NORTON, KNOWN FOR DECADES AS THE 'WITCH OF KING'S CROSS'. HER MANIFEST PSYCHIC ABILITY ASTOUNDED PEOPLE FROM ALL STRATA OF SOCIETY WHO ENCOUNTERED HER. SHE MADE A NUMBER OF PREDICTIONS CONCERNING THE YEARS WE ARE ABOUT TO ENTER - AND AS SOME OF HER PREDICTIONS HAVE ALREADY BEEN PROVEN CORRECT, WE PRESENT VERITAS...

NEXUS: When did you first meet Rosaleen Norton?

Veritas: I first met her when I was a youngster of about 18, around 1958, and from that moment on she just took my mind away. She was quite an incredible woman. She was a good surrealist painter, a Bohemian and most definitely a very talented witch. She was ranked with Norman Lindsay and was a friend of Gerald Gardner in England (known as the 'father of modern Witchcraft'). She knew a number of famous people.

Rosaleen was often accused of over-indulging in drugs; this is a half-truth. Like most Bohemians, she liked drugs occasionally. But most of her real phenomena came without drugs and she could actually produce these phenomena in both crystal balls and candle-lit rooms.

To see what I mean, picture a soundproofed, dark room from which light is obliterated, with black curtains - and from a candle flame in the centre of the room images seriously appeared like old-fashioned movies on the walls - as actual occurrences, past present or future. She could change images to colour. You didn't see them in a well-defined light; you saw shapes moving. I could actually see with reasonable definition but not really clearly. She could see with great definition.

Even those untrained people who were initiates could see that Roie produced phenomena.

NEXUS: What did you see when you were watching these produced phenomena?

Veritas: A number of things. She could actually produce mandalas, images of beings - some of them quite horrific - which were actually produced in the centre of the mandala. One night she had a mandala rigged up within which she

produced amazing images of beings which actually shimmered and pulsed in the light. I've no doubt there are very few people with that ability. I'm not saying it can't be developed, but there are very few people who have this ability - and could she pull the rabbit out of the hat, as they say! Roie was one of the few great Australian occultists that could 'cut the mustard'. She could actually produce things that other people only talked about. She also had the ability to heal and to hex - which is an unusual ability - not with ritual but with concentration.

Rosaleen Norton was possibly one of the very few people in this country that had any real ability as a reliable psychic phenomenon. By that I mean that she could actually see into the future, quite clearly, with great accuracy.

She studied many Eastern techniques including Theosophy for many years and was very well acquainted with the Hindu and Tibetan Buddhist techniques as well as a great knowledge of Celtic Witchcraft and Jewish Kabbala. She was very well versed in the occult. Roie could also inter-relate all these traditions together.

She believed all systems are inter-related and anyone who was any good could use any system anywhere. If you knew the correspondences between the systems you could go to any country and plug into their systems quite easily. As an example there's a Santaria cult which has grown very popular in the US in the last 20 years and could well be called an African religion in America. They use pictures of the Catholic saints for quite demonic rites and the saint is really a

demon in disguise, you see. They know exactly which saints correspond with which demons and can therefore walk into a Catholic church and literally conduct what one might call a Black Mass, because they know which original African deities actually correspond with the Christian ones.

These forms all exist in the world as an astral imprint or thought form and by meditation on any particular vision of course one will see these things turn up. The imprint already established in one's mandala in one's mind is the projection of how you wish to see the demon or deva or angel or whatever you like to call them. It will come through according to the system you've brought with you, that you believe in. If you don't work the system properly you can get cross-images and may be praying to something completely different to what you think.

Using the maniacal subtleties of language in any form of ritual one can actually produce either the opposite effect or drain the ceremony itself.



NEXUS: Did she found her own group or circle?

Veritas: Roie had several groups - several in Melbourne, about three of them in South Australia and at least eight of them in Sydney. Very few people realised she had that many groups in Sydney. Many of her initiates would not like to be named for quite obvious reasons. She was a very good teacher and was a very honest woman inasmuch as she spoke the truth. A lot of people hated her for it and a lot of people found it disturbing because of her genuine clairvoyant ability.

NEXUS: How else did you see her clairvoyant ability demonstrated?

Veritas: Quite easily, quite often. Although Roie didn't often reap the rewards of her effort, she could actually see and pick 'winners', which is classed as mundane clairvoyance - that's the sort of thing people use clairvoyance for. She could often pick a winner with no trouble at all and quite often survive on that. Again, this is something Roie kept very quiet because it is an ability that not many people should know about - at least at that time.

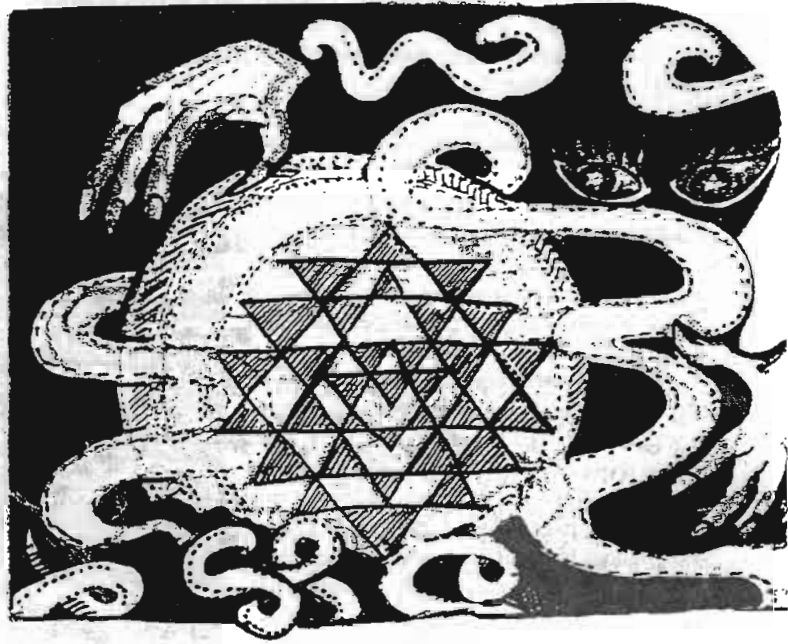
Roie's sight was mystic in the true sense of the word. It wasn't fragmentary. There are a number of people who are the most radical fragmentary clairvoyants and who occasionally can actually get a certain continuity about their clairvoyance - but none with the amazing abilities that she had. I mean quite phenomenal. Roie spent most of her life at it. She was good at it and hid a lot of her life quite deliberately because she could not stand the vibes, let alone the behaviour, of other people.

Back in 1968, Roie and I went to a party at a house in Cleveland St, Sydney and about 60 people were there. She told them there was going to be a fire in about 20 minutes and they should all get out. They all left the house and within about 20 minutes the electric wiring caught alight and there was a fire. In a tribute to Roie's insight the fire was put out by the man next door before the fire brigade could arrive.

On another occasion Roie was invited to a friend's party at a terrace house behind the Oxford Hotel in Sydney. It used to be a terrace of four houses - each had been brothels a long time before. Roie refused to go because she said that they were charged and she'd 'switch on the field'. But she went and it happened - the field switched on in this old terrace and all hell broke loose; the windows fell out of their frames, the curtains went up in flames. There was an old-fashioned loo downstairs that burst and I'm not kidding, about four feet of toilet water went everywhere. All this happened at once and she was right - she'd walked into a field and activated it quite unconsciously.

"Rosaleen Norton was born in Dunedin, New Zealand; according to biographer Neville Drury and her sister in 1917, but there are other people who swear blind she was born in 1905. Certainly in 1958 when I first met her she was at least 45. She was born into a fairly comfortable family but realised at a very young age that she was a Bohemian and that she'd never conform with what they wanted. She set out to construct a life for herself as a very clever Bohemian lady and a witch.

She first came to public notoriety from about 1954 over various obscenity trials in Sydney and Melbourne for the exhibition of what was then termed very lurid work, but was actually



Roie predicted the deaths of several dozen people we knew long before they happened - and in what circumstances.

She had a very good cover; in her later years, Roie just played along with what the newspapers wanted. She played an old theatrical has-been deliberately for the protection of herself and those around her. Much of what occurred from about 1966 onward was pure theatre on the part of Roie.

In the year 1974 she had a number of visions which appeared to be nightmares but were actually visions into the future.

NEXUS: Have any of the events in these predictions already occurred?

Veritas: Her first vision concerned the actual dismissal of the Whitlam Government on November 11th, 1975. From then on she predicted with accuracy that our culture would fall into the control of the banks - the banks would have more control over our lives and the political parties - which, of course, has turned out to be quite true.

1989 was to be a key year in this development and from about May 1989 things were going to get very bad. By that she meant the closing of industries, the sacking of thousands of

Continues Over

very creative. She was one of Australia's best-known surrealists. Most people don't look at Roie's work carefully and therefore don't see the inner meaning of it. She's very subtle in the way she conveys things by symbolism and by the feel of the symbol; instead of just looking at a symbol she knew how to become the symbol to really understand symbolic art.

There are some reproductions published by Neville Drury and her own book which was republished by Walter Glover in 1982 - *The Art of Rosaleen Norton* with poetry by Gavin Greenleaves."

people, civil insurrection, rioting in the streets, cutbacks in education, personal security and pensions, etc. You only have to look at newspapers day by day to realise the truth of what she said.

She knew, incidentally, that she would die around December 5th, 1979 - exactly when she did die.

NEXUS: You actually heard these predictions yourself?

Veritas: Yes, along with six other people. At the time she wasn't even prepared to divulge it to more than seven people; she wouldn't divulge it to her sister or a number of people close to her because she was very afraid that there could be trouble arising from it.

She predicted very accurately the date of the foundation of Gay Liberation and she said it was a two-edged sword. She said that what would come of it was a plague which we now know as AIDS. She definitely predicted that way back in 1974. In one respect it conformed with natural law, but in another it didn't inasmuch as a plague would result. She predicted quite accurately that the first cases would appear from about 1979 onward.

NEXUS: What did she see for the times around 1989?

Veritas: The present time is one of change but also one of polarisation. Roie definitely believed that Australia would break into two camps, the majority of people following what was real, the minority of people following a fantasy, as Roie termed it, which was purely medieval; a medieval fantasy wanting to maintain the 'establishment' which Roie was dead against. She saw this establishment as an extension of feudal society.

She foresaw the modern world banking system and spoke particularly of the Roman Catholic Church collusion in the finances of the world - only later proven beyond the shadow of a doubt.

She had some very horrific insights into financial manipulation by other countries and also financial conspiracy within Australia. This, she said, would be the 'rocking of the foundation stones' which would actually cause pressure in the future.

NEXUS: What did she see resulting from this economic malaise?

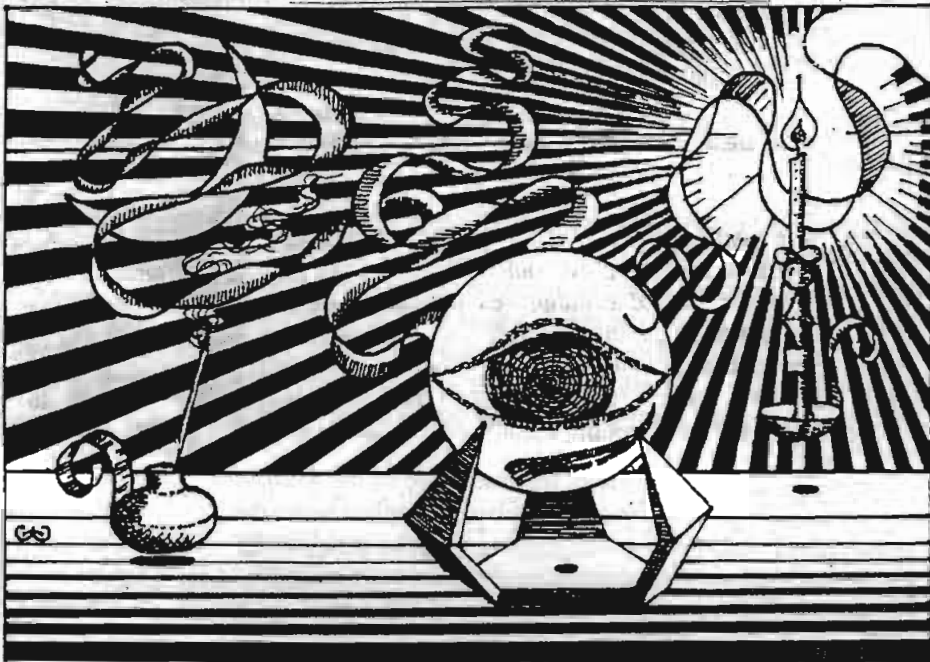
Veritas: Several things. One - a national economic collapse. Two - what one might call a 'back to Earth' trip in the sense of people being in an alternative society incidentally at loggerheads with the establishment. She didn't get around to the outcome of that, but said that the country would be divided and that there certainly could be civil insurrection by 1992. By that I mean people not wanting to be manipulated and, as you know, in the last twenty years manipulation has become a very fine art.

Roie was very pro-Jewish and liked the Aborigines because she said they actually had insight but were *deliberately* misunderstood by the whites. She said what she knew, they had already known - particularly some of the Elders that were alive at the time. She didn't say who they were.

Looking at this table-cloth reminds me of Roie's interpretation of the Rainbow Serpent. She clearly stated to me many years ago that the Rainbow Serpent was actually the ley lines which run from one side

of Australia to the other, intermingled, interlocked; and that anyone who was really psychic could see the colour of those ley lines and would interpret it as being a serpent, a serpentine energy interweaving which is an intrinsic part of the terrain of this country. She said a lot of ley lines had been deliberately shut down and a few of them had been deliberately activated by the Aborigines for their own protection.

She said the Aborigines obviously had a case for distrusting the



whites. Among those persecuted into the ground were some very talented people but their talents weren't appreciated. She wasn't the only person to see these things but was certainly the forerunner who saw all this before others could see it.

Nexus: What did she see for the Aboriginal people?

Veritas: A bloody struggle which would last at least ten years, beginning from the 1980s and ending in the 1990s. It could extend longer than that, but with a ten-year buildup by factors previously noted.

She said that by 1989 both circles, both world powers for want of a better word, would develop psychotronics.

By this she meant people who were skilled in techniques like clairvoyance and other psychic abilities that could produce phenomena including defects in things like computers from one side of the world to the other. She first predicted this in mid-1966, long before anyone knew about psychotronic warfare. She said it was a very dangerous game because a lot of the people involved on both sides risked severe heart attacks and dying on the spot because of the energies involved. She claimed that she'd seen some of these people and their nervous systems were shot - she said this was the main feature of people indulging in this.

One of the reasons Roie said this happened was that you can't really believe two things at once. Superficially you can, but not in reality, because the nervous system won't take the imprint - hence epileptic reactions or shaking if people kept up commercial psychic warfare. She said they'd bring themselves undone.

Roie said America had done a lot of original research in this and a lot of research had *not* been done by the establishment. They just picked it up after it was done.

Well, that's all for now.

If you would like to hear more from Veritas, please let us know.

CHEMICAL DAZE

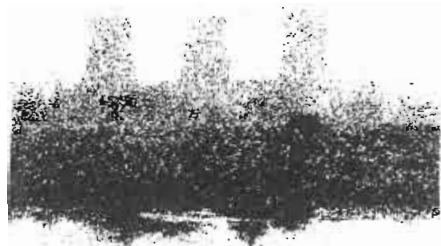
CHEMICAL INDIGESTION

THE INTERNATIONAL CHEMICAL INDUSTRY IS DISCOVERING THE COST OF NOT HAVING AN ENVIRONMENTAL CONSCIENCE. U.S. consumers who are concerned about CFCs destroying the atmosphere have turned to aerosol alternatives. In West Germany detergents containing phosphate additives are no longer produced because people stopped buying them (phosphates soften water but kill life in lakes).

Since 1950 the chemical industry has increased world production of bulk chemicals from 2 million to 100 million tonnes per year. Since the 1960s regulators have tried to control chemical contamination of the environment, but have not been able to agree on a set of standards among themselves. Across the 11 OECD countries the amount of 'hazardous waste' (as defined by each country) varies from 12kg to 600kg per person.

Because pollution crosses frontiers, chemical companies have argued that it doesn't make sense for them to try and meet the various national standards. Although chemical poisons transfer between air, soil and water, laws governing pollution are usually drafted separately. Regulators are trying to iron out inconsistencies while introducing tough new laws.

Among the industrialised countries of the OECD two of the strictest are West Germany and the US. In West Germany companies are given tax credits for spending on pollution controls. Since 1981, spending on environmental protection has doubled to \$2.5 billion (1987-88) and chemical emissions into the atmosphere were 62% lower in 1986 than 1968. Sales of plastic bottles are to be banned unless manufacturers agree to recycle them. Denmark and Italy are also introducing new laws for the disposal of plastics.



A CLEAN EUROPE?

AS THE 1992 SINGLE EUROPEAN MARKET APPROACHES, moves are being made to harmonise anti-pollution laws. Countries will have to conform to the highest environmental standards that exist in Europe. Companies in a country like Britain will have to reduce water pollution to meet the higher West German standard.

The US passed legislation in 1986 that laid down strict rules for the reduction of hazardous waste and gave communities the right to know what local chemical plants were producing (after Bhopal). Shell Oil may have to pay \$2 billion for cleaning up a pesticide and herbicide plant site after being sued for environmental damage. Since 1982 the chemical industry has reduced waste production by half and 20% of the industry's capital expenditure (i.e. investment) now goes on anti-pollution devices.

These efforts may be a case of 'too little, too late' but should be encouraged and furthered. However, there are many chemical plants in the Middle East, Asia and South America with no pollution controls at all. Extending environmental standards to include these countries will require a major effort by the international community.

TOXIC SLUDGE

On Brisbane's southern outskirts in the suburb of Kingston, a black sludge is oozing up into people's gardens. Almost a square kilometre has been described as potentially chemically dangerous in a government report by a firm of consulting engineers. The report warned that the toxic chemicals could have spread up to 5km into surrounding suburbs.

The suburb was built on reclaimed land next to an old gold mine where oil and chemical waste of unknown origin was dumped. Tests have shown the presence of lead, manganese, mercury and carcinogenic PCBs in the soil, while open drains which run through local schools are contaminated by chemicals. The state government has started an emergency program to clean up the area and medically assess the 400 residents. Six houses were resumed after the sludge first appeared in 1987 and more resumptions are expected to follow. *Weekend Australian*



TOXIC WASTE INCINERATOR FOR NSW

AUSTRALIA HAS ABOUT 11,000 TONNES OF TOXIC WASTE - the result of 15 years of stockpiling by government and private industries - waiting for disposal. About 500 tonnes are sent to Britain each year to be burnt in high-temperature incinerators, but in Sydney alone 4,000 drums of toxic waste are added to a 40,000 drum stockpile every year. NSW has about 9,500 tonnes of waste, as industry in NSW produces far more toxic waste than in other states. Because there is no environmentally safe way to dispose of the waste it is stored in steel drums and left at factories.

The NSW Minister for the Environment, Tim Moore, said that this made it inevitable that an incinerator for toxic waste would be built in NSW. Although the State Government has agreed to build a high-temperature incinerator after a joint Commonwealth, Victorian and NSW investigation, it is now faced with the problem of finding a site for it. The environmental hazards associated with transporting and burning toxic waste mean that no local community wants the incinerator and the choice of the site is a very sensitive issue; somewhere in the sparsely populated west of the state seems to be likely.

AFR
Gerard

LUBRICATING THE

Of the three types of substances or "life essences" in the body, (see *NEXUS* issues 3-8) the oils or "sul-phar" are the most diverse. They travel in the body through the arteries, veins, lymph channels, across surfaces that they lubricate, through the inter-cellular fluid. Some nerves can strip the pattern of ions off an oil's carbon chain and replace that pattern on other carbon chains elsewhere in the body; they can also travel *between life forms* through our scents as volatile aromatics.

The lymphatic system is often seen as just part of your defense mechanism. But in fact it deals with anything that is too reactive for the blood to carry. This means that a lot of the basic chemical interactions of the body are dependent on your lymphatic system being clear and able to keep your organs in contact with their respective hormonal supply.

Whatever intelligence you see as directing the development of evolution has realised that the kilometres of fine tubes that make up this system must, within a few decades of use, get blocked and tangled, and has provided us with the perfect tools to carry out the needed maintenance..... our fingers, for massage and exchange... and dance that is sometimes hard and fierce and sometimes loose and ecstatic... for self maintenance and development.

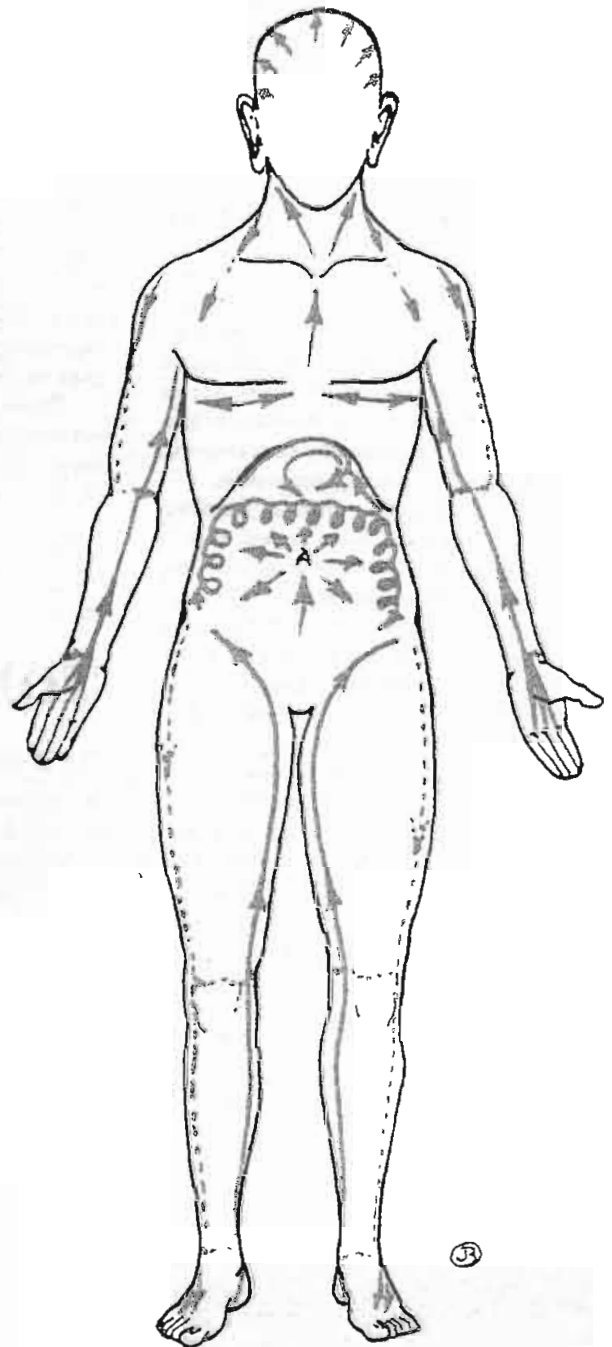
Because the lymph, like the veins, must carry acids, the vessels themselves can not be muscular. This is because the acids would cause muscular walls to spasm.... so the body grows the lymph vessels along the paths of contraction created by the skeletal muscles... and uses the body's normal movements to milk these lymphatic vessels in order to distribute the information and programming held in the hormones, as well as other oils that are used as lubrication and protection for the body's moving parts.

If the pressure is too strong or too weak the vessels will not work properly... so both exercise and massage for the lymphatic and other sul-phar systems have to be within certain boundaries of pressure. To find these limits for a specific individual at a specific time, feel with two fingers for their pulse on the inside of the wrist just up from the base of the thumb. The lightest touch that shows you the pulse is the amount of pressure you need for spreading energies and dispersing areas of stagnation. The deepest pressure that still allows the pulse, just before the pulse is actually stopped, is the strongest pressure that will move substances along the vessels. Any stronger pressure can cause the very blockages that you are trying to get rid of. This is why exercise that doesn't balance strength building with relaxed stretching can cause a loss of health.

SUL-PHAR MASSAGE

The major joints are where the body applies a grinding pressure and heat to change the nature of lymphatic substance so that it can be either reused, incorporated in the programming and

SHAKTI FOR

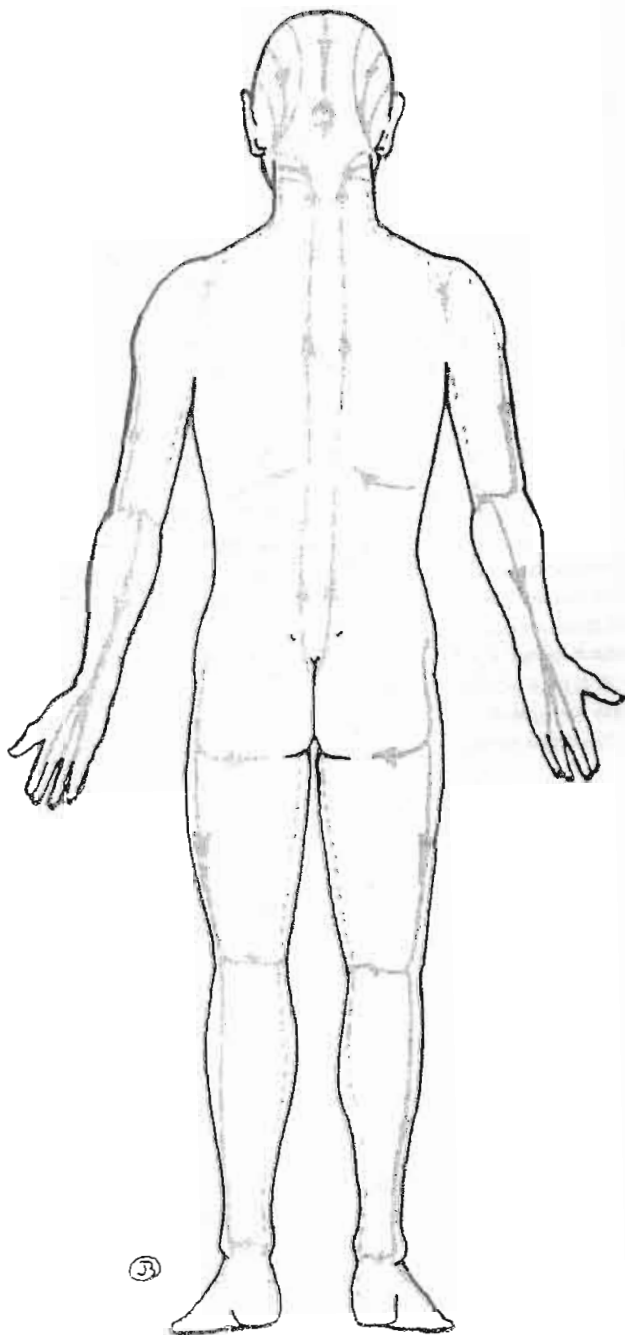


©

NEXUS New

LIFE MACHINE

THE TEMPLE



structure of white blood cells, or sweated out. This makes the armpits the place where we begin to clear this intricate plumbing system.

Start by generally warming the shoulder area with light to mild pressure massage..... then, using pressure towards the armpit move from a thumb-width either side of the spine, from glands that are below the bony process behind the ears... then gently pull from a thumb width either side of the top of the spine.... then using small circles where you use pressure on the up stroke close to the spine, work from the bottom of the neck up to the base of the skull, then down again along the side of the neck to the armpit.

Once both sides of the neck are clear the next section is from the level of the lowest vertebra that has ribs attached up to the bottom of the neck, and then on until you get to the armpits again (This is true for each subsequent section as well - each time you go back through the already cleared sections to the armpits). The next section is from the tip of the spine up to (and through) the previous section.

The lymph in the arms and legs each have three cycles... first down the outside of the thighs cross the back of the knees (where mother blood cells separate into white - in lymph - & red - in bone marrow), then up the inside of the thighs, following the line between the muscles... then down the outside to the ankles, across the back of them and then up to the groin... the last section follows the same general path but down the feet before coming back again to the groin.

The arms follow the same pattern.

On the front of the body the flows created by movement tend to go in towards the middle for some substances or out and towards the back for others. The deciding factor is your emotional stance or posture that causes your breath to direct this part of flow in either way.

The direction from the nape of the neck is up, from the thymus gland, past the para-thyroid and thyroid glands (around the voice box) to join the flow from below the ear. When working on the head, go from the front to behind, then below the ears.

Finish this section by softly but with gentle firmness, rubbing the skull at the base with small circles in both directions.

In the solar plexus the outside flow (the hepatic duct, from the gall bladder to the end of the duodenum) goes up under the right ribs and down under the left ribs. The inside flow (the duodenum) goes the other way (*see diagram*).

Below this, gently massage out from the navel to spread the small intestines. Then, making small circles, work your way along the colon, from the right hip up to the ribs, across to the other side, then down from the left ribs to the hip.

Finish by gently bringing the energy to the head by passing your hands just above the surface of the body upwards.

Because this level of our being is felt rather than thought about, what you are visualising rather than what you are saying is important. Try to avoid the images of the warrior or victim... don't get drawn into fighting with the dread of disease... visualise healthy organs rather than hunt problems. Remember that your hormones don't listen... they feel, smell and trust your visualisations.

by John Burke © 1989

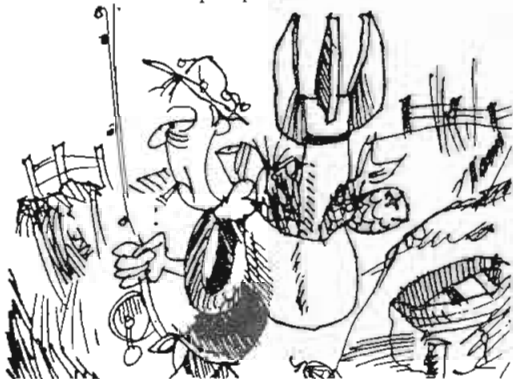
NUCLEAR POWER NO ALTERNATIVE

PROOF AT LAST

AN ARGUMENT THAT'S STARTING TO BE HEARD MORE OFTEN is that the only economic and environmentally safe response to acid rain and the greenhouse effect is nuclear power. Unfortunately this argument cannot be rejected out of hand. Solutions to environmental decay are becoming more urgent and nuclear power is, at present, the only alternative to coal as the source of large amounts of electricity. Of course, large amounts of electricity are only necessary because we use energy incredibly inefficiently.

The amount of waste produced by coal fired power stations is staggering and has been identified as one of the major causes of the greenhouse, along with cars and deforestation. Each year about 4.5 billion tonnes of carbon dioxide (CO₂) and millions of tonnes of the oxides of nitrogen and sulphur are released into the atmosphere by coal-fired power stations - that accounts for *half* of the greenhouse effect. Cars produce about 500 million tonnes of CO₂ a year. Even if increased production of CO₂ were to be somehow stopped, the concentration of it in the atmosphere - and the temperature - will keep rising. Only by decreasing our use of fossil fuels can the concentration be kept steady, let alone be made to fall - but we now know that nuclear power can provide no alternative (see below).

Another line to this argument is that we are depriving future generations not only of fuel but also the feedstock for chemicals, plastics and pharmaceuticals. For governments in Western Europe (which has one third of the world's civilian reactors) and America and Japan (which together have another third yet *still* consume 30% of OPEC output) independence from the Middle East is an attractive prospect.



Unclear Advantage

THE NUCLEAR INDUSTRY HAS STARTED TO WAKE UP to the potential of the situation. To take advantage of it nuclear power needs to be made safer and cheaper, so planners are working on changes to existing designs that do both. Small 250 megawatt plants can now be totally enclosed for relative safety. In one Swedish design the reactor is immersed in radiation-absorbing borated water. Smaller reactor units are cheaper and can have higher production standards.

Simpler plants, unlike the complex and unreliable plants of today, can run cooler and last for up to 60 instead of 30 years. Today's plants are also labour intensive but robots and computers are under development for maintenance and safety monitoring.

To counter the nuclear industry as it goes for its second chance requires well thought-out alternative proposals. New reactor designs will be promoted as environmentally sound solutions to the greenhouse. Many people will be convinced that small, efficient nuclear power plants are much better than coal fired plants for the planet. It may be that nuclear power can be made to *appear* a responsible and even inevitable replacement for fossil fuels.

No Nuclear Possibility

BUT A CLEAR READING OF THE FACTS CAN DISPEL ANY SUCH NOTIONS ENTIRELY. According to a scientific report circulated within the Labour Party, even a forty year, world-wide nuclear power program would not solve greenhouse warming problems.

In *Greenhouse Warning: Comparative Analysis of Two Abatement Strategies*, Bill Keepin of the Rocky Mountains Institute in the US and Frenchman Gregory Kats conclude that energy efficiency is our best response.

In their report, Keepin and Kats consider two scenarios involving high and medium CO₂ emissions to analyse the effectiveness of increasing the use of nuclear energy. Us-

ing a 1983 US Academy of Sciences study which assumes primary global energy consumption will reach 35.7 billion watts by the year 2025, their high-level CO₂ emission scenario takes the position that only half the energy required for the world would be nuclear-fuelled. *This would require 8,000 large nuclear power stations.*

"This represents a 29-fold increase in world nuclear capacity, requiring that nuclear power plants be built at an average rate of one new 1,000 megawatt plant every 1.61 days for the next 37 years," says the report, at a total capital cost of US\$8.39 trillion and annual electricity generation costs of US\$787 billion.

Yet even these vast costs would not stop the expansion of oil and natural gas emissions, which would grow from today's 5.3 billion tonnes per year to 8.29 billion tonnes by 2025.

"Thus, in this scenario, even bringing a new nuclear plant on line every day and a half for nearly four decades does not prevent the annual carbon dioxide emissions from steadily increasing to a value of 65% greater than they are today," say the authors.

Data for their medium-CO₂ emission scenario came from a recent study published by the US Department of Energy, which projects a rise on global energy demand to 21.3 billion watts by 2025 - an 18-fold increase over today. Keepin and Kats use this base to assume a transition from coal to nuclear power by the target year.

"This requires that the world build nuclear capacity at the equivalent average rate of one 1,000 megawatt reactor every 2.5 days until 2025.

"This comprises one plant every 4.5 days in the developed countries, and one every 5.7 days in the less developed countries," at a capital cost of about US\$5.3 trillion - about \$144 billion a year. Annual CO₂ emissions would grow to 6.48 billion tonnes by the year 2000, then decline to 5.27 billion.

"Thus, even in this scenario of moderate energy growth, coupled with a massive nuclear program, future carbon dioxide emissions remain constantly above today's values."

In neither scenario could developing countries meet capital or running costs.

Keepin and Kats consider the best alternative to be energy efficiency, made partly possible by technological advances; for instance, today a compact 18 watt fluorescent light produces higher quality light and lasts 10 times longer than a standard 75 watt incandescent bulb; new building techniques have reduced energy demands by up to 75% (Japan has also announced it will derive 20% of its energy from solar power by 2001).

They argue that there has been a 12% decline in energy consumption since the 1973 OPEC oil embargo, and this "has been established in the absence of vigorous efforts to promote increased efficiency in most nations, and only gives a hint of what could be possible in the event of a concerted effort world-wide."

One more fact can be considered here. The US has not opened one new nuclear plant in the more than ten years since the nuclear accident at Three Mile Island.

Some data also obtained from *The ECONOMIST*



LIFE AFTER CHERNOBYL

IN THE SOVIET REPUBLIC OF BELORUSSIA, TO THE NORTH OF THE CLOSED CHERNOBYL REACTOR SITE, more than 300,000 people need constant health checks because of their exposure to radioactivity released when the nuclear power plant exploded, spreading radioactive caesium and other elements around the Earth.

A map published in the Soviet press showed two zones near the reactor from which all inhabitants have been evacuated, and which have been termed 'scientific observation zones'. The 300,000 people from the 1,000 towns and villages in these areas require permanent and regular health checks, particularly children because of fears about the effects of doses of radioactivity. The Soviets have admitted that plants of the same design as Chernobyl would not pass Western safety standards.

UNDERWATER CHAOS

FREEDOM OF INFORMATION HAS LED TO EXTRAORDINARY REVELATIONS concerning nuclear accidents on the world's oceans.

According to a report compiled by Greenpeace in the US called *Naval Accidents 1945-88*, more than 50 nuclear weapons and nine reactors lie on the bottom of the seas as a result of shipping accidents.

The report, written by US academics Joshua Handler and William Arkin of the Institute of Policy Studies in Washington, also reveals that more than 1,000 major and minor accidents have occurred since nuclear weapons and reactors were placed on the superpowers' ships and submarines. About 300 have occurred in the Pacific and have possibly polluted Australian waters with plutonium; around 200 of these incidents are denied by the superpowers.

BRISBANE RAD-WASTE

A RADIOACTIVE WASTE DUMP IN THE BRISBANE SUBURB OF RED-BANK has been the site of ongoing protests and dozens of arrests for trespassing, including five NSW aldermen.

"There has been no environmental impact study - this has all been hushed up," shouted Mr Nick Origlass, 81-year-old former Mayor of Leichardt in Sydney, as police escorted him away. Aldermen from Canterbury, Kiama and Blue Mountains councils were also charged with trespass after they climbed onto the site over a locked gate while in Brisbane for an annual meeting of the Australian Nuclear Free Zone Secretariat.

PROLIFERATION

A WEST GERMAN FRONT COMPANY has supplied components for a plant to purify tritium to Pakistan. Tritium is a gas used in nuclear bombs, although it also has industrial uses. Because of its military applications exports of tritium and the equipment to produce it are tightly controlled. A parliamentary committee investigating the Pakistani deal was told that civilian use of the plant, which was shipped and assembled between 1985 and 1987, was not plausible.

U.S. NOTES

THE UNITED STATES HAS CONTAMINATED STRUCTURE ranging from small waste dumps to huge buildings at about 80 places in 27 states. All of these need vast amounts of money spent on their safe disposal, an example being a single story-building in Ohio that cost \$US1 million and 5 months to build in 1960 that the Department of Energy will finish pulling down in 1997 at a cost of \$US57 million.

Because of the secrecy that surrounded nuclear weapons plants in the decades after 1945 no independent review of these plants was done until after the Chernobyl accident in 1986. The legacy of these decades of secrecy, that protected weapons facilities from the standards imposed on civilian plants, is now being revealed. It includes:

- * Hanford, Washington, where 8 reactors and the country's largest nuclear power station are deactivated for safety reasons. This is the plant that produced the plutonium for the Nagasaki bomb and there is evidence that it has seriously contaminated the local population.

- * At Savannah River, South Carolina, 3 tritium reactors are closed and cracks have been found in the cooling system. An investigation into the 8 month delay in reporting the cracks is underway. These reactors are needed for the maintenance of US nuclear stockpiles; without tritium all the warheads will decay in a few years.

- * The Fernald, Ohio, uranium reprocessing centre closed for safety and environmental reasons.

- * At Rocky Flats, Colorado, a plutonium plant was closed following toxic waste and radioactive leaks. The Department of Energy lists this as the worst of its environmental messes, with the public water supply for the city of Denver contaminated (1 million people 25km away).

- * At Carlsbad, New Mexico, a pilot waste disposal plant was put on hold. 120,000 drums of radioactive waste stored in Idaho were meant to be disposed of there, but fears of contamination of underground water arose, halting the project.

AFR & NYTimes

Gerard & R.A.

Antarctica

The Lost Continent

Thirty years ago the Antarctic Treaty dedicated the world's last remaining continental wilderness to peaceful scientific research and international co-operation. Now a new Mining Convention, CRAMRA, would form the basis of an international framework to regulate commercial mining activities in Antarctica. It would decide which areas would be opened up for exploration and development and monitor their subsequent effect on the environment and would replace the existing Antarctic Treaty.

Over half the world's freshwater lies frozen in Antarctica. Trapped inside the ice are samples of the Earth's atmosphere dating back through countless millennia. The waters of the Antarctic are the richest in the world, containing our last untapped food resource, marine plankton.

Forty-two percent of Antarctica is Australian Territory. Under international law no new Antarctic treaty can be ratified without Australian participation. In a last minute about face, Prime Minister Hawke pulled out of the mining convention, effectively vetoing it.

The existence of a southern polar region had been predicted by the ancient Greek philosophers who called the place *Antarktikos* - "opposite to the Bear", the major constellation in the northern skies. According to Rarotongan legends Ui-te-Rangiora journeyed there with his companions in the craft *Te-ivi-o-Atea* sometime around 640 CE. A thousand years later, the Spanish called it the "Southern Land of the Holy Ghost" and believed it to be the source of all divine grace in the world. However, when Captain James Cook of the Royal Navy effectively circumnavigated Antarctica without sighting the mainland he concluded it did not exist and even if it did it must be so barren and desolate as not to warrant further investigation.

The British Admiralty describes Antarctic waters as those lying south of the 55th parallel of latitude. Around the latitudes between 45 and 65 degrees South is the Antarctic Confluence. This is where the warmer currents of the world's oceans meet the colder waters of the Southern or Antarctic Ocean.

Upwelling of replacement water brings plant nutrients to the surface, resulting in heavy phytoplankton growth. Phytoplankton synthesise sunlight for energy and are the first link in a food chain on which animal plankton and other sub-Antarctic fauna are totally dependant. One of the most important of these is the tiny shrimp krill, or *Euphasia Superba*.

The whalebone or baleen whales feed on this krill by straining seawater through their mouths. They include the fin, sei, humpback and blue whales. The Blue Whale is the largest creature ever known to have inhabited the planet. Their present numbers are so depleted it is doubtful whether another generation of blue whales will even be born, let alone survive to breeding age. There are also the toothed fin whales, the killer whales and other smaller whales which feed on larger marine animals. The Sperm Whale is believed to use an echosounding and locating system (concentrated in the gland in its head for which it is so mercilessly hunted), to focus on and stun it's prey, the giant squid.

Seals and birds depend on the sea for food and do not venture further inland than necessary. For almost a century Fur Seals were thought to be extinct in the Antarctic. However, A few colonies have

been found on some Antarctic islands.

Although dozens of species of birds fly south of the 60th parallel - including the Arctic Tern which migrates all the way from its breeding grounds in the north of the Arctic circle - the only birds really indigenous to the region are the Emperor and Adelie Penguins, the Snow Petrel and the Southern Polar Skua. The most truly Antarctic bird must be the Emperor Penguin, which carries its egg on top of its feet. It is not territorial and most of its rookeries are adjacent to the coastline, on the sea-ice.

Antarctica, including ice-cover, averages some 8,000ft (2,600m) in altitude. In the interior temperatures can plummet well below 100 degrees Fahrenheit. Recent conditions have been as severe as a temperature of minus 126 degrees which was recorded in the 1960s. In these bleak surroundings a few primitive insect-like creatures survive among the scattered moss, algae and lichen.

National Claims

THERE HAS BEEN A PERMANENT HUMAN PRESENCE in Antarctica since 1943. In that year, the Argentine vessel *Primera de Mayo* took formal possession of all Antarctic territory lying south of the 60th parallel between 25 and 74 degrees W. A few months later, the British occupied three meteorological stations along the Graham-Palmer Peninsular. In 1936, Britain had recognized Australian authority over some 2,360,000 square miles of Antarctic territory, an area almost as large as the Australian mainland. The U.K. retained for itself possession of the Graham-Palmer Peninsular, and the numerous islands of the South Shetlands, South Orkneys, South Sandwich Islands and South Georgia, as well as the Falkland Islands. Much of this area is subject to overlapping claims by Argentina and Chile. Australia, New Zealand, France and Norway agreed among themselves to lay claim to the bulk of the continent, with the notable exception of a portion of West Antarctica unofficially ceded to the United States.

Besides exploration and previous settlement, the sector principle forms a basis for claims of sovereignty in Antarctica, first proposed in the Canadian Senate in 1907. Under this plan the meridians of longitude bordering a country are extended to the pole. This policy has been unofficially followed by the Soviet Union and Canada north of the Arctic Circle. In 1924 the American Secretary of State announced that occupation was the strongest claim to sovereignty.

In 1955, the International Antarctic Committee was formed in Paris where it was decided that the seven claimant nations would restrict their activities to within their asserted boundaries. The other five nations which were to play an active role were the U.S.A., the U.S.S.R., Japan, Belgium and the Union of South Africa. The International Geophysical Year (I.G.Y.), 1957-58, was the largest international undertaking of all time and its intense study of Antarctica was one of its foremost achievements. Its success brought an extension into 1959 and the I.G.Y. Antarctic Committee was replaced by a Special Committee for Antarctic Research, set up under the auspices of the International Council of Scientific Unions. On December 1st, 1959, the twelve participating nations signed the Antarctic Treaty in Washington, D.C. Two years later it was ratified in Canberra.

The treaty applies to regions lying south of the 60th parallel of

latitude but does not restrict normal freedom of the high seas within that area.

The Antarctic Treaty dedicates Antarctica to peaceful purposes only and restricts military activity of any kind. It promotes international co-operation in scientific research and the exchange of personnel and information. The disposal of nuclear waste was prohibited but the use of atomic devices for peaceful scientific research was permitted. There was to be freedom of operation anywhere on the continent, which was not to form the basis of any new territorial claims. No member nation was required to renounce any claims to sovereignty or any rights to previously asserted claims. Existing claims remained status quo. There are elaborate provisions for the exchange of plans, personnel, information and results and for the settlement of possible disputes and for new nations wishing to join. It was binding on its members for a period of thirty years.

New Treaty?

ON JUNE 2ND 1988, AFTER SIX YEARS OF NEGOTIATIONS between over thirty countries the Convention on the Regulation of Antarctic Mineral Activities (C.R.A.M.R.A.) was concluded in Wellington, New Zealand. It proposes an International Minerals Commission, to include the present twenty signatories of the Antarctic Treaty, which would identify areas to be opened up for mineral exploration and commercial development. Under C.R.A.M.R.A., specific applications would be made to a Regulatory Committee for a particular area. This committee would be comprised of representatives from the country claiming sovereignty there, from the country sponsoring the application and from other interested parties, presumably the 'great powers'. At various stages of development an advisory committee would be obliged to make public an environmental evaluation report before the application proceeds. Observers from the advisory committee and inspectors from the signatory states would monitor exploration and development activities.

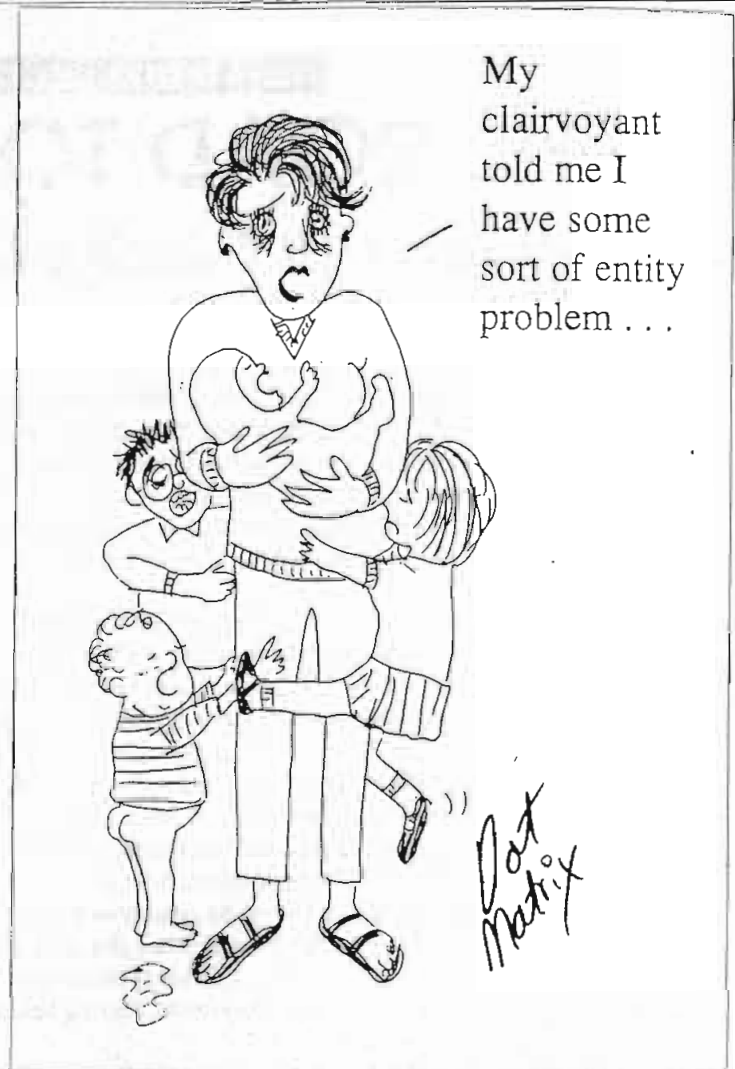
In a letter submitted to the U.N. by Malaysia, 19 Third World countries announced their opposition to any agreement on Antarctica which would exclude the rest of the world.

World Park Option

PERHAPS THE MAJOR ALTERNATIVE TO C.R.A.M.R.A. and the Antarctic Treaty in general is to declare the whole of Antarctica a World Park. The World Park proposed by Greenpeace in the Antarctic Declaration would be a sanctuary for both wilderness and wildlife. Antarctica would remain a zone of limited scientific activity, with co-operation between scientists of all nations. It would remain a zone of peace, free of nuclear and other weapons. All mining activity would be banned, as would colonization other than for purposes of support for scientific research and controlled tourist activity, both limited to prescribed areas. All human activity in Antarctica would be subject to continuous assessment of its impact on the environment.

This proposal forms a basis for peaceful international cooperation which could be a model for human activity on all continents of the Earth, providing a legal basis for sovereign nation states to resolve environmental and political problems across national boundaries.

In Wellington in 1972 New Zealand called for a moratorium on mineral activities in Antarctica. Three years later in Oslo, Norway, N.Z. proposed a World Park but met with little response from other treaty members.



At the present time France is engaged in constructing a large airstrip at its Dumont d'Urville base. There have been repeated clashes with Greenpeace supporters who have their own base on Ross Island - last year these escalated into a fully-fledged brawl on the ice.

Noted oceanographer Jacques Cousteau and the descendants of Antarctic explorers Scott and Shackleton and many others have all called for the preservation of Earth's least polluted environment. So far this year there have already been two oil-spills in Antarctica. Between three and seven thousand tourists can be expected to visit Antarctic waters annually. There is also a transient population of several thousand stationed in Antarctica.

Japanese fishing boats are already harvesting krill for fertilizer and fish farm food.

It's possible that Antarctica will protect its own interests to some degree by itself excluding humans from the continent - ultraviolet radiation levels caused by the southern hole in the ozone layer make occupation of the area difficult during the long daylight, if not downright dangerous. But it could prove even more disastrous for the wildlife of Antarctica, who face similar health risks to human beings - eye and immune system damage and severe burning. And the effect of increased U.V. on light-sensitive phytoplankton has yet to be established. Any major disruption to these organisms could affect the entire world's ocean food chain.

If we allow it to happen, the destruction of the Antarctic's fragile ecosystem will result in the loss of what is perhaps the last opportunity for sustained global stability.

Wilderness is the ultimate non-renewable resource on the planet.

Peter Krygsman

THE ROAD TO HEAVEN'S LAKE

China on 10 Foreign Exchange Certificates a day

We left Kaxgar by bus and for the next three days travelled through a flat and featureless landscape similar to the stony deserts of Australia. Unlike the smooth, polished, ochre-coloured gibbers of south west Queensland however, the rocks are a dull black colour. Their edges are sharp and angular and I could not imagine anyone walking through such country without tearing their boots and feet to shreds.

We were on the northern branch of the Old Silk Road, an elevated, narrow strip of the Gobi desert extending eastward from the Mongolian Plateau. To the south lay the Takla Makan, a terrible wasteland almost totally devoid of any living thing. At times we passed over vast salt-pans where not a blade of grass, not even an insect stirred. But there were oasis towns, irrigated by underground streams of glacial meltwater from the snow-capped peaks of the Tien Shan (Heavenly Mountains) which we dimly discerned on the northern horizon.

Near the railhead at Korla, one of the oasis towns, we saw workers extracting salt from the ground. They dug deep pits which were then filled with water. The briny solution was brought up to the surface where it evaporated, leaving behind its white, crystalline residue.

We would stop for lunch at nameless oasis bazaars along the long and dusty road. The staple food seemed to be noodles (mien), invariably prepared on the premises. Freshly kneaded dough is rolled out into flat sheets and cut into thin strips and the cook loops the strips between his two forearms like a skein of wool. In a feat that seems to defy all laws of cohesion and gravity he swings, spins and stretches the dough strips into the spaghetti that re-appears a few minutes later from large steaming cooking-pots. It is served in a clear, oily soup dotted with minced meat and chilli. Throughout the region it's very hard to find any cooked vegetarian food - except for bread.

Other available food is largely canned 'army surplus' or commune brands. Oranges in army ration tins are delicious - but it's vital to note the Chinese prefix designating 'fruit' or you can end up with a tin of pig fat - another popular staple in the Chinese diet.

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As in all of Central Asia there are plenty of small bakeries and freshly-baked *naan* flatbread is readily available when you find them. Many tourists in China's more remote areas carry instant noodles with them. Kai Shui - hot water - is provided in all Chinese hotels and cafes. The Chinese drink it instead of tea, with meals or just as a refresher. Hotel staff seem puzzled at first, then dismayed, when Western tourists use it for washing in the chilly mornings.

Tribal Herders

Travelling the Silk Road from Kaxgar we were en route to Urumqi, capital of the Xinjiang Uigur Autonomous Region, a sprawling industrialised city where the native Uighurs are outnumbered by Han Chinese, who call it Wulumuchi. There are also Kirghiz and Mongol tribesmen, herding their horses, camels, goats or other livestock. They have largely maintained their old tribal ways, being confined to their own autonomous counties or districts. These equivalents to our municipalities are grouped according to race or tribal background.

From Kaxgar to Urumqi, nomads bring pelts into the bazaars to trade or sell.

Besides having to use special tourist money, Foreign Exchange Certificates (FECs or *wai hui* which are commonly 'traded' rather than spent), foreign tourists in China are also required to stay in a certain class of hotel. Many of these guesthouses were for visiting delegations of Party officials but the tourist boom has resulted in the construction of modern hotels built to international standards. Urumqi has a new international airport and to our dismay we found that every available tourist bed in the city was already taken. A most helpful member of China's national travel service, the *Luxing-she*, eventually found us floor space in a conference room in the most prestigious hotel in town. There were about a dozen of us there and more in the conference rooms on the floors above and below us.

Our accommodation arranged, we set out for the People's Park and the ticket office for the next day's excursion. The post office and a couple of department stores were also in the vicinity. All major towns in China have these parks. Often they were the private gardens or estates of mandarins or warlords under the former regime.

In a pavilion in the Park we were fortunate enough to see an exhibition of paintings by a young art student. His works were mostly impressionist or modernist in style and demonstrated a creative talent that put to shame the pretensions of many Australian art galleries.

The Heavenly Lake

The next day we travelled for hours in scorching heat along the road to the Heavenly Lake, a road so dusty that for most of the time we had to wear cotton gauze masks. These are a common sight in China; people can be seen wearing them when sweeping the streets or bicycling to work in the morning.

At last our bus reached the foot of the snow-capped mountains we had seen from the Old Silk Road. We wound our way up through pine trees and freshly fallen snow and looked down from the peak of the ridge on Tian-chi - the Heavenly Lake. Ringed by snow peaks and Alpine forest the huge crater lake is fed by glaciers flowing down from the surrounding peaks.

When we arrived a young man on horseback approached and offered us a place to stay. He took us to a cluster of empty canvas yurts, inside which were mattresses on a wooden duckboard floor laid out like sheets of fence palings. For half the cost we opted to stay in the family yurt, your authentic nomad model made from felt folded over a collapsible trellis framework. We were greeted by a smiling Kazakh matriarch; inside there were horsehair ropes and felt rugs embroidered with tribal motifs.

Historically, the Kazakhs have always been nomadic horsemen. During the enforced collectivisation of the 'Great Leap Forward', large numbers moved their herds across the border into Soviet Kazakhstan. Ironically, the power of the Khans was finally broken when they were driven from that region over a century ago. The cavalry which pursued them with such great slaughter after the fall of their capital Merv were Cossacks - distant relatives from a time when the Khanates extended their empire as far as Eastern Europe. The Hussars are another branch of the Kazakh tradition of horsemen.

We stayed there at night with the matriarch, an infant and a young boy. An older boy - who spent most of the day on horseback taking tourists along the riding trails - and two other Kazakh couples who comprised the rest of the extended family unit slept in another yurt.

We could not bring ourselves to eat the greasy meat stew they so generously offered us, although we sampled some of the dough dumplings, or *mo-mos*, that are also common in Tibet. Instead, we made our way to the local *providores* where we purchased an excellent bottle of Xingian red wine, Hong Putau.

We walked back down the muddy path to the comfort of our warm yurt. The forested ridgeline dimly silhouetted against the ink-black sky, snow was lightly falling.

Peter Krygsman

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Token Liberties

A number of subtle changes in the law have taken place during the last year. Hot on the heels of the Tax File Number legislation which installed a defacto ID system in Australia, these changes, when lumped together, impose a devastating array of impositions on the 'civil liberties' of all Australians.

Most recent is the Supreme Court ruling which was handed down against the Australian Federation of Air Pilots in November; their interpretation of the law means that a precedent has been set whereby the right to strike has effectively been rendered illegal under common law.

The Supreme Court ruled that the airlines could sue pilots for damages because of the pilots' work ban outside the hours of 9am and 5pm over six days. Now even the most insignificant industrial work ban is an invitation for employers to sue employees for losses to income caused during action. PM Whitlam attempted to ban such common law actions in 1973 but was blocked by a hostile Senate.

Prior to the court ruling, Labor PM Hawke called out the armed forces to keep the planes in the air under essential services legislation - an action deemed unnecessary in Australia since the coal miners' strikes of half a century ago.

Early in 1989 there has a widespread series of debates as to whether it would be a wise move to decriminalise marijuana. Many legal bodies, judges, politicians and police had come to the conclusion that marijuana's prohibition was detrimental to society - far more so than if it were decriminalised for personal use. This discussion was largely swamped by the ensuing debate on whether or not heroin should be decriminalised. Many involved groups and individuals debated the pros and cons for some months - while the Federal Government was very quietly arranging to sign a UN Treaty making it illegal to decriminalise these drugs and making it *mandatory* for Australian lawmakers to increase the penalties against their use. As yet this US-sponsored treaty has only been signed by a handful of US allies, but it is nonetheless currently binding.

This draconian treaty means that big-wig criminals will continue to extort vast sums of much-needed cash from Australians (and Australia) with the aid of the Federal Government. In the case of heroin, most of this money will leave our shores.

Simultaneously, a serious precedent was set with the implementation of a law making it possible to strip *suspected* drug traffickers of their assets. It is now possible for government bodies to take out common law actions against suspected traffickers; common law does not require proof beyond a shadow of a doubt before conviction.

A precedent has been set which allows the legal system and government to presume the guilt of any accused. It's fascinating how hardly anyone seems to know or care that these things are occurring.

It seems that drug abusers are now the scapegoats who are used to deprive everyone of their freedoms; a few years ago the bogey men were the terrorists. Before that, the Communists. Of course, now that the Soviet Empire is collapsing, the world is splitting up into Eurasia, Eastasia and Oceania; there can still be an imaginary 'external threat' along with any internal ones. In any truly democratic state all these changes would be illegal except under martial law emergencies.

If we were a State of the US, at least we'd have a real Constitution. Ours actually makes it illegal for us to have any alliance with any foreign power - but as no-one defends it, our governors can ignore it.

Register to vote now - and vote for individuals and parties that will do something about restraining the Orwellians out there, as well as healing the planet! It's one of the few rights still left you. Don't blink!

ORIGAMI

#4

OK...THIS TIME ITS
BROLGAS + KOOKABURRAS
 FIRST YOUVE GOTTA MAKE A BIRD-BASE,
 YOU CAN MAKE ALL SORTS
 OF BIRDS OUT OF IT,
 BUT IM ONLY GOING TO SHOW YOU TWO ;
 YOU CAN MAKE NEW ONES

UP FOR YOURSELVES

① START WITH A SQUARE OF PAPER WITH THE COLOURED SIDE DOWN

② TURN IT OVER THEN DO THE SAME DIAGONALLY

BRING ALL THE POINTS TOGETHER + FOLD IT FLAT

③

CREASE IN HALF ONE WAY THEN THE OTHER

get to the point

④

⑤

⑥

⑦

CREASE THE SIDES IN TO MEET THE CENTRE THEN OUT AGAIN

LIFT THE POINT UP + BRING THE SIDE IN DO THIS ON BOTH SIDES

BIRD BASE

NOW YOU CAN MAKE EITHER A **BROLGA** OR A **KOOKABURRA**

(↓ JAPANESE CRANE)

①

FOLD THE SIDES INTO THE CENTRE FRONT + BACK

②

PRECREASE THEN FOLD THE POINTS UPWARD

PULL ITS WINGS OUT GENTLY ↓ FOLD ITS HEAD DOWN

①

FOLD THE FLAP DOWN ON ONE SIDE

②

↓ THE LITTLE ONE TOO

TURN IT OVER

③

FOLD ONE POINT UP LIKE THIS

THEN FOLD THE WHOLE BIRD IN HALF

FOLD ITS HEAD DOWN

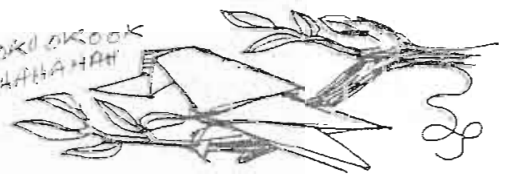
THEN UP FOR THE BEAK

④

FOLD ITS FOOT DOWN

SPREAD ITS WINGS + TAIL FEATHERS OUT + PERCH YOUR KOOKA BURRA ON A TWIG

KOOKA BURRA DESIGN MOSTLY BY MICHAEL CLONARIS





Serious Page

Message from the Great Leader
Sirius High Command

To Exploration Team, Planet Dirt

The original aim of the Exploration and Enlightenment Survey was simple. Teams of picked operatives were dispatched to inhabited planets in star systems up to 30 light years from Sirius. These scouts would contact the local inhabitants and show them the wonders and marvels of Sirian Culture and the Way to the Stars. Then, after a long period of time, more and more enlightened species of beings would become Aware and enjoy the aegis of the Sirian Star Empire.

Admittedly, this Grand Program suffered a major setback with the collapse of the faster-than-light psionic travel network. Even though our best and finest minds are working hard on the problem, the network is still down.

In spite of this problem, it has been gratifying to observe the resourcefulness of several of the teams who were cut off adrift. The team on Canopus managed to unite the sentient lizards on the planet and build a slower-than-light starship and return to the mystical wonders of Sirius. For several centuries now the Canopians have been in radio contact with Sirius and are now firm and friendly allies.

As Sirius is a mere 10 light years from Dirt, imagine our surprise when, after centuries of no contact, we start intercepting massive amounts of electromagnetic communications. At last, we shout, well done! But when our experts started analysing these communications we restrained our celebrations. It was obvious from these transmissions that instead of a peaceful, civilised alien society the locals have a fragmented, warring planet where the overriding concerns appear to be humourless 'sit-coms' and the marvellous commercial possibilities inherent in used land vehicles. The only mentions we have picked up of Sirian greatness and culture appear in late-night talk shows on 'flying saucers'.

So far we have recognised five members of the Exploration Team. We know you are still alive. What we want to know is why you failed. You were sent there with all the knowledge and training that we could bestow upon you.

Let us look at your record:

- 1) You apparently convinced the locals to worship you as Gods. This must have boosted your egos in a pleasant fashion, but to what purpose?
- 2) You organised the local simians to build huge structures. We do however notice that the Great Pyramid bears a striking resemblance to the Great Leader's holiday house on Sirius-5. "Stonehenge" is impressive for the mere effort of getting the locals to drag rocks over large distances. But we also notice that these structures have deteriorated over time and that you must have become bored and wandered away.
- 3) You needlessly involved the natives in a long series of bloody and horrible wars. We are awaiting whatever possible excuse can you give for these vile acts.
- 4) You failed miserably in organising a one world government. In fact, the native aliens are doing a better job than if you fools were aiding them.
- 5) You failed totally in helping the natives develop technologically. These simians have done it all themselves. There is not a single element of their technology that we can point to and say "Ah - a Sirian idea!" Why is this? Did we choose a team devoid of anyone who could design and repair things? Did we send a team of fashion designers and music lovers?
- 6) You failed unbelievably in enlightening the natives in spiritual matters. There is one dwindling tribe of Dogons that you talked to and that's it. How can you possibly explain why most of the natives worship illogical and fanatical martyrs as Gods? This is beyond belief!

In conclusion, you have failed totally and miserably. Do not think for a moment that you will escape unpunished. We have already sent a slower-than-light Task Force of starships to Dirt. The Victory Objectives of the Task Force are simple:

Firstly, to offer aid, information, assistance and an alliance to the locals and secondly to capture and arrest all members of the initial Exploration Team. You will then be dragged kicking and screaming back to Sirius to answer the charges of total and utter dereliction of duty, gross stupidity and incompetence.

The Great Leader Has Spoken

Healing With Oxygen

Continued from Page 9

Combustion of carbon and hydrocarbon fuels binds up tremendous amounts of formerly free oxygen into carbon dioxide (CO₂) and incomplete combustion ties up still more into carbon monoxide (CO), which itself grabs onto additional oxygen to become more stable as CO₂.

It only takes around five minutes or less for a monoxide suicide's garage to fill to a lethal density with car exhaust. Stretch the minutes to years, multiply that car motor by several billion, including some real monsters and all the jet engines; add in all the industrial belchings and how many years do we have before most of the ground layer of our atmosphere tastes like that garage? In some places it already does.

At the same time, the planet's oxygen-producing forests have shrunk to the smallest size in recorded history, so now far less oxygen is being released back into the air and less CO₂ is being absorbed and broken down. Half of the rainforests we came into this century with have been sent quite prematurely and rudely to that great jungle in the sky, along with vast wooded areas that used to occupy temperate zones.

Increasingly harsh and unpredictable weather is a further effect of global deforestation, since the trees are no longer there to soften winds, reduce temperature extremes and attract rain. As the percentage of oxygen in the air declines, it grows less able to hold the amount of water vapour necessary to sustain normal cloud cover, rain levels, atmospheric conductivity and thermal regulation.

More oxygen production is lost through the destruction by pollution of the oceans' phytoplankton. *Because the atmosphere is so vast, a severe imbalance between global production and consumption of oxygen can exist for decades before the effects become obvious enough for humans to notice.*

An average adult human breathes in around 400 cubic feet of air a day. From that we extract about 20 cubic feet of oxygen for internal use. If the air is around 20% oxygen, we're only removing the oxygen from a quarter of the air inhaled. Presumably the other three quarters isn't contacting the actual lung surface.

the human body was originally designed to grow and operate at a 50% stronger concentration of oxygen

If there's a richer mix of oxygen in the air, the body can obtain its needed supply with less effort. If the oxygen level is low, extra lung-work is required.

People breathing the same air have widely varying states of health and diseases have been around a lot longer than internal combustion engines and chainsaws. What explains this, if oxygen

deficiency is the primary cause of disease?

Some people actually have less room in their blood for the oxygen they inhale, due to all the extra stuff they're already carrying around in their veins, while their overworked elimination systems try to catch up.

This isn't a new phenomenon. Plagues follow periods of widespread ignorance of basic sanitation and extensive pollution of public water sources. The local air may also be loaded with smoke and soot. The victims' bodies used up their internal oxygen supplies trying to neutralise their high blood toxin levels, resulting from constant reingestion of diluted wastes. This weakened their immune systems, setting them up for massive microbial assaults. The survivors were those who, through location, health habits and/or attitude had maintained a high enough oxygen saturation to keep the plague germs out.

A big factor in susceptibility is the share of a person's oxygen supply that gets used to oxidise and render harmless various sub-

stances taken into the body which might otherwise cause problems if allowed to accumulate. Apart from the body's own waste products like uric acid, opportunistic pathogens are a major source of such toxins, which are necessary to the metabolisms of the microorganisms producing them. Oxidation of those toxins and the intercellular debris that feeds the pathogens interferes with their attempts to survive and spread. But it also ties up considerable amounts of oxygen that could otherwise serve elsewhere in the body.

The percentage of a person's oxygen supply that is used up in these cleaning functions can vary widely. Some people stay internally clean enough that the rest of their metabolic functions never get seriously deprived of oxygen and they don't seem to ever get sick. Others have loaded their bodies down with extra matter that they can't use, or absorbed high levels of toxins from their particular surroundings. The net result of this is that even with

adequate oxygen in the air, they are carrying so much debris around in their blood that it still can't pick up enough oxygen as it passes through the lungs. The oxygen saturation of their tissues then drops into the range that disease organisms find comfortable.

It should be noted that not all pathogens share the same oxygen tolerance levels. They range from completely anaerobic ones to hardy outdoor types that can withstand long exposure to air. Some can attack only those with badly weakened immune systems, others are sufficiently tough and energetic to invade anyone who isn't at a high enough level of oxygen saturation and vitality to resist, which these days can include entire populations.

But all disease organisms are unable to survive the high oxygen concentration in a truly healthy human body, over three times that of air. All are vulnerable to the instant oxidation that occurs when they encounter singlet oxygen atoms released intercellularly by H₂O₂ molecules from the peroxisomes, certain mitochondria, or other micro-bodies.

There are a lot of variables that can affect one's ability to pull off this little biochemical stunt on demand. Breathing, eating and exercise habits, air quality and emotional states are all factors.



Fear, worry and depression all interfere with breathing freely and reduce oxygen uptake. It can be a vicious downward spiral, since depression gets even worse as the internal oxygen supply declines.

If you're happy and doing something you feel good about, you tend to breathe more deeply, even at rest. And a high oxygen level in turn brings about a sense of vigour and well-being. You might find it informative to notice variations in your breathing as you move through different emotional states.

There is evidence that the human body was originally intended to have at least a 50% higher available oxygen concentration around it from which to extract the continuous supply it needs.

Not long ago some freethinking scientist [see NEXUS News #7] analyzed the air mixture in bubbles trapped in fossilized amber. The air samples contained about 30% oxygen, half again what we're presently used to. The air was trapped millions of years ago. The available geological evidence, such as from the ice ages, seems to indicate that the oxygen level didn't start declining until after humans appeared.

With so much more loose oxygen than there is now, vast primordial forests were fixing large quantities of nitrogen from the air into the soil, while liberating the oxygen from the elements they required.

The implications are quite sobering. Among other things, this suggests that the human body was originally designed to grow and operate at a 50% stronger concentration of oxygen than what's in even the best of what we're currently breathing. Under those conditions, human strength, health and longevity could have been far greater than what's common today. Early biblical accounts of huge strength and very long lives might be considered anecdotal evidence for this. If the oxygen depletion trend can be reversed, perhaps we are yet to experience the high levels of health and vitality of which we are truly capable.

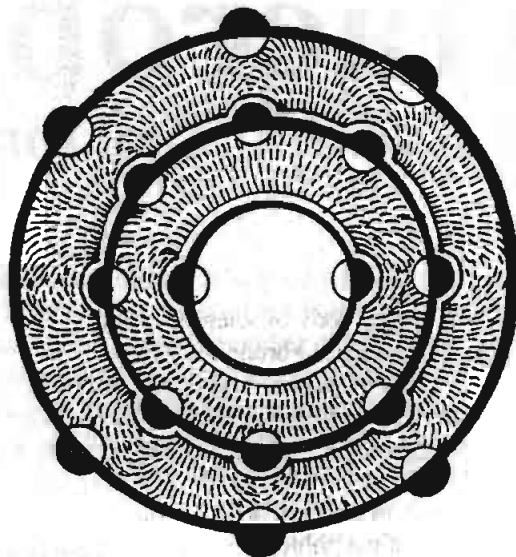
Every paramedic knows how to give someone's vitality a temporary boost by slapping an oxygen mask over their face. In Tokyo, people in the thickest districts pause at oxygen bars to buy breathing time on O₂ masks and the Soviets attribute some of their overwhelming success at the Summer 1988 Olympics to the 'oxygen cocktails' their athletes were given before competing; water containing extra oxygen and other nutrients.

Oxygen and Bioelectric Efficiency

APART FROM BEING PLENTIFUL AND THE BEST BIO-CLEANSER, OXYGEN HAS ANOTHER QUALITY that makes it ideal as the main ingredient in any body with a nervous system; its conductivity. All elements in the oxygen family tend toward metallic behaviour. Oxygen is the only gas with six electrons in each atom's outer shell and it readily picks up additional electrons to form compounds with other elements including conductive organic compounds for transmitting nerve signals.

The brain and nervous system consume far more oxygen in proportion to their weight than the rest of the body. The brain alone uses up around a fifth of the body's blood supply. The constant firing of microelectric impulses across the synapses requires a great deal of energy. If there isn't enough oxygen available for the nerve cells to fire dependably when needed, the brain can't help but function less effectively. Consider that most governments and media have their headquarters in major cities.

When excess lipids or other inert matter gathers between the



The oxygen percentage in the air over a number of cities has dropped far below the 21% figure listed in encyclopædias

cells or along artery walls, it does not enhance the efficiency of one's cellular circuitry. The stomach trusts its owner and attempts to digest and assimilate into the body whatever gets swallowed, however inappropriate. The leftover debris from foods with low nutritional value or from tiny battles between invading germs and an immune system short of oxygen for ammunition can pile up and create resistance in places where bioelectric current is meant to flow freely. Excess micro-pockets of accumulated fats and oils act as insulation between normally more conductive cells. They create an effect rather like unwanted capacitors, storing up electrical charge as tension beyond what the cells normally maintain. Much of the body's vitality is then used up simply overcoming its own internal resistance.

However, if this surplus matter is cleared away and the tissues contain only those substances they are intentionally composed of, bioelectric currents can move easily and nerve signals can flow at their most efficient rate. The body uses up less energy for its basic functions, leaving more for other activities.

The upper limits of human bioelectric energy production and efficiency have not yet been established. Indications are that certain parapsychical 'wild talents' switch on more readily at higher bioelectric energy potentials. The role of various traditional precise breathing exercises in many of the Eastern master's mystical feats is well known. They refer to something called *prana*, a vital force essential to all the body's functions that is inhaled and circulated through the blood; life energy particles carried by oxygen atoms. We may find there are many amazing capabilities built into us that only become available when we are at our most oxygen-saturated and bioelectrically conductive, running at a level of vitality presently considered quite rare.

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Part 2 Next Issue. For safe H₂O₂ dosages see NEXUS #8.

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Macrobiotics

An Exciting Tool for Self-Healing

by Roger Green

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A snowballing body of scientific research and anecdotal evidence has brought the benefits of a macrobiotic diet to public attention. A truly impressive range of symptoms can be positively affected by a diligent application of these dietary principles, including many types of cancers, heart disease, diabetes, candida yeast infections, hyperactivity in children and so forth.

The basic tools of macrobiotics are a wholesome natural diet, self reflection, self diagnosis skills and home care remedies which are simple, versatile and immensely practical. Grass roots style, they have spread in the past few decades to countries all over the world. Hundreds of thousands of people now use these tools daily; if you ask them why, they reply; 'because they make sense... they work... this way of healing makes me feel more alive, in control of life and in harmony with nature.'

In Boston, USA, home of macrobiotic studies, there is a long list of supportive scientific research; Harvard School of Medicine, Boston's Shattuck Hospital, Tidewater Detention Centre, Tulane University, University Hospital of Boston and many more.

Harvard Medical School led the way by showing in ten years of studies that a macrobiotic diet may be one of the best known ways to prevent heart disease, leading to very low levels of cholesterol. Shattuck Hospital is preparing to publish reports on the beneficial results of using a macrobiotic diet in the geriatrics ward, and long-term psychiatric care ward. Tidewater is implementing a new diet for juvenile offenders. Infractions dropped a startling 45% merely with the removal of sugar.

In a recent publication from Boston, it was stated that 'dietary and lifestyle changes alone can prevent or reverse hardening of the arteries, researchers reported to the American Heart Association this winter. In a case control experiment, patients with heart disease who were put on a low-fat, vegetar-

ian diet, who exercised and who were given stress management training including yoga and meditation had a measurable widening of the arteries. In contrast, those who received customary care such as drugs and surgery had an increase in blockage...'

At the United Nations a macrobiotic society with 150 members was started by Katsuhide Katatami, UN Development Director for S.E. Asia, who healed his stomach cancer on a macrobiotic diet. They meet regularly to discuss problems of world health, diet and world peace. A comparable society is forming at UNESCO headquarters.

For decades conventional Western medicine has placed top priority on finding physical solutions to physical problems. As a result we have relied on drugs, radiation, surgery and other high-tech methods to help us combat and overcome illness.

By contrast, many doctors now pioneering in the field of holistic preventative health care are helping patients to see the 'big picture'. In December, Michio Kushi lectured at Houston's Texas Medical Centre Library on the macrobiotic approach to cancer, AIDS and other degenerative diseases. In a new book recently released by Japan Publications entitled *Doctors Look at Macrobiotics*, ten physicians and health care professionals report on the

positive benefits of a macrobiotic diet and way of life.

SEITAW or Wheat Gluten

This has been called 'wheat meat' because of its hardy texture like meat and it makes an excellent meat substitute for casseroles, stir-fry, soups and deep frying. It is a high-protein food that is easy to digest and very strengthening. Children love it. I usually make a lot at one time and keep it in the fridge - and give some away to friends.

Wholewheat flour (preferably biodynamic)
Gluten flour
Shoyu
Ginger
Kombu

Combine wholewheat flour with salt and a proportion of gluten flour (optional) - e.g. 8 wholewheat to 1 gluten. Mix well. Stir in water and make dough. Knead well for 20 minutes. Rinse out starch by running under water. Just break a small piece of the dough off and work it under the cold water tap; eventually it becomes tough and fibrous, holding together. You can save the starch and bran for a skin wash or bath. Once all the starch has been washed out, add to a broth of strong shoyu, ginger and kombu. Cook 1-2 hrs. Store in airtight container in fridge.

The macrobiotic diet also calms the mind and emotions, while renewing the body. Calm, healthy, creative people are much more likely to resolve conflicts without violence and much more capable of dedicating their energies towards peaceful, ecological living.

Together we are influenced by powerful forces as they ebb and flow throughout the universe. Conscious wholefood cooking can help us balance these energies in our bodies and our lives. When you start to cut down on high-stress foods, your body and moods have a chance to gradually recover their natural, self-regulating abilities.

Macrobiotics is a practical and common-sense approach that is fun and exciting to learn. You become aware of the various influences on your individual and collective health. Its aim is to place humanity into the context of nature and its patterns of life and to embrace more of the world we live in.

Sicilian Broccoli

- 1 bunch broccoll
- 1 large red onion
- 4 tbsps extra virgin olive oil
- 10 black olives
- Half tspn seasalt
- Half tspn pepper
- 1 cup mirin

Remove flowerettes from broccoll. Remove thick skins from stalks and cut stalks into thin slices. Cut onion into half inch rings around the 'equator'. Put 1 tbspn oil on the bottom of a large lidded frying pan. Place a layer of onions, olives, broccoll. Salt and pepper. Sprinkle with oil, repeat process until all the vegetables are used up. Pour remaining oil on top. Add mirin. Cook over low flame for 30 minutes, covered. Do not stir.

Chicory & Spicy Dressing

Wash and cut chicory and sprinkle with salt. Let stand for 20 minutes before adding dressing.

- Dressing
- 2/3 cup water
- 2 umeboshi plums (pitted)
- 3 tbsps olive oil
- 1 tbspn horse radish powder (wasabe)

Red Lentil Soup

- 2 large onions
- 2 tbsps olive oil
- 250 gm split red lentils
- 2 cloves garlic (crushed)
- 7 cups water
- 2 and a half tbsps lemon juice
- Freshly ground black pepper
- Sea salt

Peel and cut onion into half moons, then saute in oil in large saucepan, sprinkling liberally with salt. After 2 minutes add garlic and stir, add lentils and stir, then pour in water. Bring to boil, then simmer until lentils are cooked.

Liquidise, then add lemon juice and freshly ground pepper to taste.

Coconut Macaroons

- 2 and a half cups shredded coconut
- 1/3 cup wholewheat pastry flour
- 2/3 cup maple syrup
- 1 tspn almond extract
- Pinch salt

Combine ingredients, wet hands in cold water and form into small balls. Bake in oven at 250 degrees F for 30-40 minutes until golden brown.

Maple Walnut Cookies

- 3 cups pastry flour
- 1 and a half cups rolled oats
- 1 and a half cups sesame oil
- 1 cup maple syrup
- 1 and a half cups walnuts (chopped)
- 1 tbspn vanilla
- 2 tspns mixed spice
- Pinch of salt

Mix oats, flour, salt and spice in a large bowl. Mix in oil, syrup, vanilla, nuts and water to make a cookie dough. Bake in an oven at 350 degrees F for 18-20 minutes.

THE CHRONOLOGY OF THE PAST

How Wrong Have We Been?

The great Middle Eastern empires of the past were Egyptian, Babylonian, Hittite and Assyrian, with the kingdom of Israel caught between them at the crossroads of the region. Much is now known about all these peoples, the way they lived and were buried, but there is still controversy about the dating of the reigns of their respective kings and dynasties - a controversy that calls many of our notions of human history into question.

The first inhabitants of the Middle East were Stone Age nomads who eventually settled in cities and learned to smelt metals. Copper began to replace stone and by the early Bronze Age its use was widespread. The beginning of this age corresponds to the first dynasty of Egypt. From then the Middle, Late Bronze and the Iron Ages brought us to the present era. In these later ages known history allows dates to be assigned, but there are many question marks against the dates traditionally given to the earlier ages.

Although the Assyrians kept chronological records back to 1,200 BCE (Before Current Era) and the Babylonians to about 1,000 BCE there are no absolute dates for Egypt beyond about 700 BCE. At that time Hezekiah ruled in Israel, Tirhakah in Egypt and Sennacherib in Assyria. As dates earlier than this given for the other empires in the region are synchronised with Egypt, there are no absolute dates for them either. If the dates given to the Egyptian dynasties and rulers are wrong then our whole chronology of the past is also wrong.

Dating In Chaos

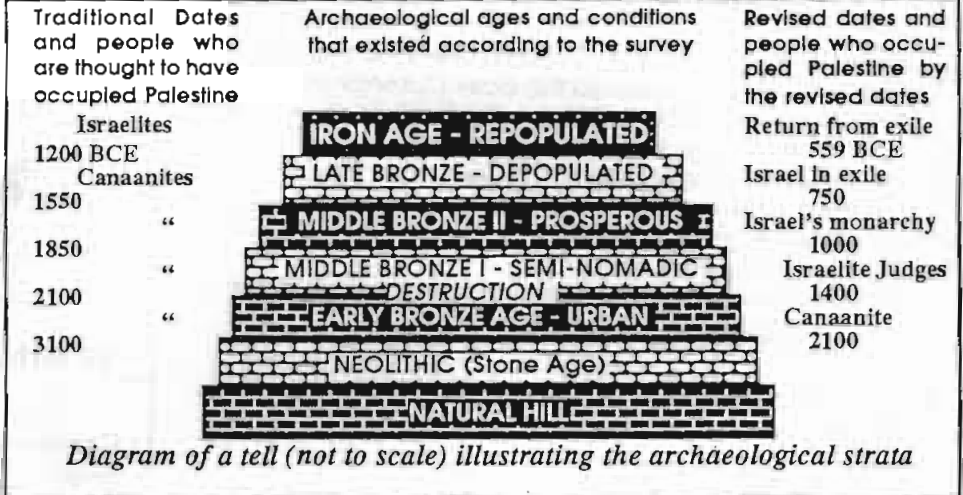
Immanuel Velikovsky was the first to propose, forty years ago, that there is a difference of 600 years between the Biblical chronology of the Old Testament and the accepted dates of early Egyptian history (See *NEXUS* #7). He was studying the Exodus of the Hebrews from Egypt and could not understand why there was no equivalent record in Egyptian history of such a major event, and found that the two records could be brought together if the 600 years were to be deducted from Egyptian chronology around the middle of the first millennium BCE. Archaeologists reacted to this sugges-

tion with horror, as it would mean revising the history of all the ancient empires; but Velikovsky's revised chronology is far from arbitrary and is a cornerstone in his theory that the solar system has been witness to planetary catastrophes within the memory of human beings - the last as recent as 687 BCE.

The extended chronology of Egypt is largely based on the list of dynasties passed on from Manetho, a priest of the third century BCE who wrote in Greek. Immanuel Velikovsky and other scholars are of the opinion that there was considerable overlapping of some of the Egyptian dynasties, when one dynasty ruled the northern delta region and another ruled in the south, but Manetho didn't or couldn't identify which ones when he compiled his list from earlier sources.

it would have under the prosperous rulership of David and Solomon. At the end of the Middle Bronze Age, Palestine was depopulated as recorded in Biblical accounts.

As shown below, the evidence for a revised interpretation of the history of Palestine is very strong. Current archaeological theories are that the Israelite occupation of Palestine was not a military invasion as recorded by the Bible; instead it was a foreign infiltration or even just movement within Palestine itself. This would mean that some of the original residents of Palestine ultimately came to identify themselves as the Israelites and that the Jews were not descendants of Abraham, royal prince of Ur as is recorded in the Old Testament. This is regarded as heresy by many.



If some or all of the dynasties between the nineteenth and the twenty-third did exist at the same time as other dynasties, as suggested by Dr. Donovan Courville, then most of the added centuries can be accounted for. It may be that the reason for the lack of information on these dynasties is that they did not rule the entire Nile valley themselves, but only one part of it. Manetho, writing over a thousand years later, was probably unaware of any instances of shared power.

Recent excavations in Palestine also provide difficulties with the conventional reconciliation of the recorded histories of Israel and Egypt. There is no evidence of a new people occupying Palestine at the time conventionally assigned to the Exodus. During the Middle Bronze period (the mid-first millennium BCE) Palestine flourished as

Carbon Dating

When the idea of analysing the remaining carbon 14 left in artifacts and dating them by calculating the time needed for the carbon that was lost, was first tested the results were remarkable. Egyptian artifacts were used and down to 700 BCE the test dates and the dates already given were approximately the same. However, beyond 700 BCE the dates were found to be 600 years out when compared to dates already assigned to these objects.

Because the dates of these artifacts were assumed to be 'known' the experimenters concluded that some unknown factor must affect the testing. It was agreed that carbon

test dates would have to be synchronised with the 'known' dates and 600 years added on, which meant that the historical dates that had been (erroneously) given to archaeological finds were dating the carbon tests. By any standards of science the carbon dates should have been accepted as they stood; instead it's very difficult to have any confidence in the dates assigned to civilizations before 700 BCE. Without this 'calibration' to 'known dates', the carbon dates and Velikovsky's proposed revision of Egyptian chronology are quite close.

Differences between carbon dates and assigned historical dates are most conspicuous for the mid-first millennium BCE. It's more than coincidence that this is the period that has been suggested as the one needing revision by Velikovsky, long before carbon dating was thought of.

A majority of archaeologists and historians are reluctant to seriously consider revising their chronology of Egypt because most other ancient history is dated from Egyptian dynastic records. If they are wrong about such fundamental data as the dating of events, how many other ideas we have about our past are also wrong?

Gerard

Diagram and material for this Velikovsky update was taken from the archaeological journal DIGGINGS. This newsletter-style monthly keeps you in touch with the latest finds in 'Bible lands' and reviews great discoveries.

PO Box 341, Hornsby, 2077 \$16 p.y. (\$20 O/S)

IN ORBIT

with Victor Voets

Hello fellow thinkers! Long time no hear/see. Of course, in the salubrious snake year most people keep more to themselves anyway... brooding, itinerising, planning, shedding bonds of restrictions, releasing excess baggage. Since the middle of August '89 a surge of stirring for independence and personal initiative has spread throughout the world. Not only is a snake person interested in their own freedom; there's also an interest in the welfare of all. What have we seen in the last few months? The students in China rising and then being struck down as though by a viper. There have been continuous uprisings in the various new territories of the Soviet Union; some have also been held back with bullets.

The Saturn/Neptune conjunction of Nov 12th saw the dissolving of the barriers between East and West Germany; in fact the barriers (represented by Saturn) have been dissolved (Neptune) throughout the Eastern Bloc. The bringing down of the wall symbolises the dissolution of barriers between the two supposedly opposite sides. Pluto has much to do with the rising of mass consciousness as we unshackle the slaves of our own underworld... its transit of Scorpio is gradually unlocking the fetters of our past. Enjoy the changes & releases as we come to the end of the serpent year - January 27th 1990.

As a number of major planets are travelling through Capricorn, the business world undergoes stringent times - so is the 'little person' who is being taught to spend his money on what he needs, not what he wants. We're up to our necks in debt and won't have much time to relax until some are cleared. A reassessment of priorities is called for - what is permanent and what is transient? What is truth and what Maya? The clock keeps ticking!

Jupiter's retrograde motion until February 24th says 'hold your horses' when you're tempted to spend, especially after January 27th when the impatient, self-righteous Yang Metal Horse year begins. Late December's Jupiter/Uranus opposition on the 29th is concurrent with Venus going retrograde on that date, followed by Mercury on the 31st. Finances, emotions, communications, paperwork, computers and our love lives all start to undergo a major shift in direction, slowly and awkwardly. A stiffening of reflexes will find accidents in abundance - be extra conscientious throughout this period! There will be much speedy tension until Jan. 18th. Contradictions? Yes!

Then we have an opportunity to be more sociable and communicative, especially after Jan. 20th when Mercury turns direct and the Sun moves into Aquarius. If you don't respect yourself enough to make your own decisions and keep bottling up your feelings just to keep the peace, *this year especially* you may experience back trouble. This is a number 1 year, teaching you to have confidence in yourself. All your ideas about your own sense of or lack of self-worth must be faced so that a new, spiritually enriched self emerges.

Jan 27th sees the beginning of the more assertive year of the Horse. Don't lose control of the reins as anything is possible providing energies are channelled constructively. A fairly major relationship splitting time occurs around the full moon of Feb 9-10. That month is calling for a practical reappraisal of our life until the 18th, as making solid and secure are the underlying principles. Be happy! Feb 18th begins a month of expecting the unexpected and nervous tension. It becomes difficult to feel settled - adjustment and living in the moment are key concepts. Pluto retrogrades from Feb 19th so expect a few months with monetary, emotional and sexual strains - possibly someone trying to control situations by not sharing their emotions.

Jupiter is in Cancer most of this year so the more we concentrate on developing security within family and domestic situations, the easier the year will be.

Love & Peace - Victor Voets

Unidentifieds

Soviet news agency Tass released many reports of a series of 'close encounters of the third kind' which took place in Russia last year.

According to reports, scientists had confirmed an alien spaceship carrying giant people with tiny heads landed in Voronezh, a city 480km south-east of Moscow, on September 21st. Residents watched a large shining ball hover over a park before landing. Witnesses saw a hatch open in the lower half of the sphere-shaped craft, through which a three-eyed humanoid 3-4 metres tall wearing silvery overalls and bronze boots with a disk on its chest could be seen.

According to *Sovietskaya Kultura*, two creatures exited the hatch, one apparently being a robot. A young boy started screaming in fright, but fell silent and unable to move when the alien looked at him with shining eyes. When other onlookers screamed the UFO and other creatures disappeared.

Two rocks containing an 'unknown element' were left at the landing site, along with traces of footprints.

"We found two mysterious pieces of rock that cannot be found on Earth," claimed scientist Genrikh Silanov. *Pravda* reported there were 40 witnesses to the landing and that children made a sketch of the craft shortly after the landing.

Reports claimed the visitors came on three separate occasions. *Pravda* reporter Pavel Mukhortov claimed to have met the glowing creatures in the Ural Mountains on the night of July 30th. He said he did not actually talk to the 4-metre tall creatures but communicated by "thought waves". When he asked to return with them to their planet they said; "There would be no return for you and it would be dangerous for us - you would bring thought bacteria."

"The constellation Libra, Red Star - our homeland," was the reply to questions about their origins. When Mukhortov asked about their goal, they replied; "It depends on the centre. We are directed by a central system."

Ergot Sum

Was the French Revolution brought on by people eating of bread contaminated with ergot, a natural form of LSD? Drawing on historical records, University of Maryland historian Mary Kilbourne Matossian claims that a mystery phenomenon known as *La Grande Peur* (The Great Fear) in 1789 can be attributed to peasants undergoing massive food poisoning brought on by the ergot fungus, the LSD precursor which grows on rye grain. During the three weeks of The Great Fear peasants took to the woods with pitchforks and muskets, weeping and shouting. Others crossed the country in a blind panic, looting and burning chateaux. Matossian disputes the dominant view that the phenomenon was a revolt by peasants over taxes and tithes.

"In the spring of 1798 there were peasant protests against the food shortage and 'feudal' practices, but The Great Fear of July and August was mainly a panic, not a protest," she writes in *Poisons of the Past: Molds, Epidemics and History* (Yale Uni Press).

The Black Plague of the 14th century, the Salem, Massachusetts witch trials, the 18th century religious revivals and other notable events indicate the large role played by serious microbiological food contamination in shaping social behaviour, she says.

Ergot in flour made from infected rye can cause an amazing range of symptoms when eaten, including gangrene, fertility suppression, loss of motor control, severe hallucinations and death. Peasants were heavily reliant on rye until the potato became the dietary staple in the 18th century; European peasants ate as much as a kilo of rye bread a day.

Matossian points out that the symptoms normally associated with witchment - as in witch trials - are strikingly similar to nervous system disorders caused by ergot - tremours, spasms, seizures, facial and eye contractions, hallucination and panic attacks. European witch trials were most commonly held in cold, wet areas where rye was the staple food.

Washington post. AP

RAMPAGE Editorial

Life is Diversity Belief is Destiny

Over a decade ago a magazine called *Maggie's Farm* was conceived in Northern NSW. Despite its name, it was not a farming magazine but an example of 'public access press', covering local and international issues from an 'alternative' viewpoint. These days it would be stereotyped 'New Age'. The name came from the 'Maggie's Farm' made famous by Bob Dylan - one of the original arts factory/commune experiments.

For a few years *Maggie's* evolved around Bellingen and Macksville on the NSW north coast, lovingly assembled by rotating groups of volunteers who aided its original creator, Pip Wilson. After some years *Maggie's Farm* was revitalised by the team of Perry White and Jenny Elf and made the leap from newspaper format to glossy A4 magazine. It also moved to the Blue Mountains west of Sydney.

After years of successfully expanding local consciousness, *Maggie's Farm* split almost cellularly into two publications, *NEXUS* and *IMAGINE*.

Now *NEXUS* has returned to the source which spawned *Maggie's Farm*; our new office is only a couple of ridges away from the original home of *Maggie's*. We're operating this issue from a two-room shack, using a generator to run the computer until we get our new shelter and power system together (by next issue). It's come time for us to live our beliefs and cease contributing to the problems of society passively; the veges and fruit trees are in the ground.

In order to change human reality tunnels a number of divergent and convergent viewpoints must open up new perspectives. Unfortunately, there are less alternative magazines now than last year; *Maggie's Farm*, *Imagine* and others are no more.

But the tide is turning again. Almost everyone has realised they're either part of a problem or part of its solution. Most people are eager to do something constructive to change their world and looking for alternative ways to live.

Alternative viewpoints are what Democracy is all about. The destruction of our environment by agricultural and industrial monoculture is only one visible result of the cultural blinkers we clamp to the eyes of our children, ourselves. It's heartwarming that we're all beginning to care for the trees, animals, waters, soil and air. But

consider that we've known about these problems for decades, they didn't arise overnight; for many years 'alternative' magazines have been proposing the very solutions that governments are belatedly adopting due to public awareness and outcry. The difference now is *not* that we're more socially responsible as a species - it's just that we have no more choice about whether to change our beliefs and lifestyles or not. The choice now is life or death - we've left it too long and can't kid ourselves any longer.

The belief systems and religions which drive most of our cultures have become obsolete and have led us to this impasse. What we do depends on what we believe. What we believe is up to us, but largely depends on what we encounter as children. The myths which program and direct our cultures are those we're taught before we can speak for ourselves.

What were you exposed to as a child? What did your parents believe? What do you believe? Can your beliefs evolve, or are they immutably rooted in that past?

Do you believe humans have 'dominion' over all other life forms on the planet, for instance? Do you believe the world must be destroyed for 'God' to return?

Divergent viewpoints and lifestyles - social, political, and ethical - are *required* to create alternative realities and ways of life; just as a choice of magazines help make new concepts real, embedding them within our collective conscience.

Diversity is paramount to life in general. It may be that a number of indigenous life-forms is required to keep the very *landform* stable over aeons. The survival of a diversity of ideas, like species, keeps us all viable and growing.

NEXUS believes in writing for an intelligent audience. People require in-depth information and references to sources of further information - and this increases our chances of all acting intelligently in these New Times. What we know is not what makes us act - it's what we believe.

Live your beliefs and see if they work.

Please note that our address for written submissions and all things editorial has changed to PO Box 51, Bowraville 2449. For enquiries regarding distribution, subscriptions or advertising please continue to use PO Box A556, Sydney South 2000. Advertising enquiries should phone Jayne Weir on (02) 817 5543.

GRAPEVINE

Dear Ed;

I like your magazine because it addresses a wide range of issues including pyramids & the face on Mars, Tesla & conspiracies. Keep up the good work. I'm rather afraid of talking about the last for fear of being branded a right-wing extremist. Your mag helps to reassure me on that point; that is, until I came to your editorial (in *NEXUS* #6). You show your true conservative, trendy, left-wing colours when you hail as part of 'our' ideology becoming part of the mainstream, "a one world economic system & government... rapidly taking form." But how the hell can you welcome a "one world economic system" that consists in part of the World Bank & other international banks funding such environmentally destructive projects in the 3rd World as huge dams & nuclear power stations? These banks hold the debtor nations in usury by charging such huge interest on the loan that all the debtor can do is try to keep paying the interest on the interest forever, with no hope of ever repaying the principal. So the indebted nation turns to the International Monetary Fund, which tells it that it must restructure its economy toward export, so the peasants are forced to stop growing food crops to support themselves & instead grow cash crops, with the resulting hardship for them, especially as the government is forced to cut back on such programs as social welfare. And that is why nations such as Brazil are burning or tearing down their rainforests, to try to get out of debt - which they never can. The Amazon will be gone in 17 years, but the debt will still be there.

And then you name such issues as ozone depletion & the greenhouse effect. They are not 'our' province at all. You seem to think that hippies or greenies thought those things up. We/they never did; it was the scientists who did that & it's the Establishment's media that have been telling us about them for years now. They've been going on about the greenhouse effect fairly consistently since 1971, although it's only in the last couple of years that it's become a household word.

And yet you contradict yourself by showing your awareness of the horrors of a one world government by your reference at the bottom of your article on the facing page to "today's tax file numbering identity system, which, with bankcards and EFTPOS, connect all Australians into the world computer identity net and new economic order."

Yours One Worldly,
Michael Hallstone

*It takes two wings to make the Eagle fly.
Don't get sucked in by a paradox.
THERE IS NO THEM BUT US! Thanks - R.A.*

Conversations with Uncle Martin

Let He Who
Has Eyes to
See

Part 3

In this third installment of the memoirs of an alleged survivor of ancient catastrophes, Uncle Martin explores myths and archetypes...

Uncle Martin: Now at this point we must go to an old Egyptian story - the tale of ISIS and OSIRIS, HORUS and SET.

Issa: Tell me more, because I'm a bit confused. Which is which? Who is who?

U.M.: Who are we? Now, ISIS, the goddess, Is Is the mate of OSIRIS, old SAROS. They are in a perpetual mating dance, as is the Earth-Moon system, on one level. Osiris has a brother; his name is SET, to the old Egyptians SOTHIS, to the modern Christians and others Satan, Shaitan - the worm confused with the serpent. He is King consciousness, the rulership of a society in a strictly hierarchical manner - the way of Set, or Typhon, is a society shaped like a pyramid. Why the capstone is missing in today's social pyramid is another story - but suffice to say that Set has 'gone away'.

Each of the characters represent the consciousness-memory of a particular planet and its inhabitants. The story is a memory fragment of what happened between those of the Earth-Moon system and those Kings from much further away.

Now Osiris' brother was the human consciousness of another planet that orbited a nearby star system. Now some say that Set was Osiris' half-brother. Whichever version you prefer, the story goes roughly like this: Osiris and Set argued. The reasons they argued were manifold. In the exoteric versions of the story, Osiris and Set fight, Set slays Osiris and scatters his body through the Nile, the waters of life or the milky way. But before Osiris had been slain Osiris and Isis had mated, and Isis becomes pregnant with a young Horus, the Son, the ever-coming Son.

Isis reassembles and resurrects the body of Osiris, putting all the parts of his body together except for one which she cannot find. In some legends it is the penis, in others the third eye. Either way it is an organ of *regeneration* we are looking at here. She resurrected Osiris, brought him back to life; but without the organ of regeneration, he, the Green Man, had to live in the underworld of consciousness to rule over the underworld of consciousness.

Isis brings up her son Horus, telling him his father Osiris has been slain by his dark brother Set.



Sirius and Osiris

Many people, seeing the modern word Sirius, believe that Sirius is identified with Osiris, and that the 'dark' companion of the star Sirius is Set. That which we know as a 'dark companion' to the bright blue Sirius primary is Set, but this is the trail of an occlusion which has been laid down on our history to hide the truth. Sothis is Set (Seth). Osiris is OLD SAROS (Sauros), the animus or male consciousness of the Earth-Moon system; Isis is the anima of this planet, the female spirit of the Earth-Moon system.

In the exoteric story Isis tells Horus that his father is Osiris and Horus takes it upon himself to slay the slayer of his father and goes out searching for Set. But when he finds Set he finds that he has not necessarily been told all the truth.

In the *esoteric* versions Isis mates with Set - the seed of Sothis is transplanted into Earth females - and Osiris, in his jealousy, attempts to slay Set. Set slays Osiris, Old Saros. Isis

Continues Over

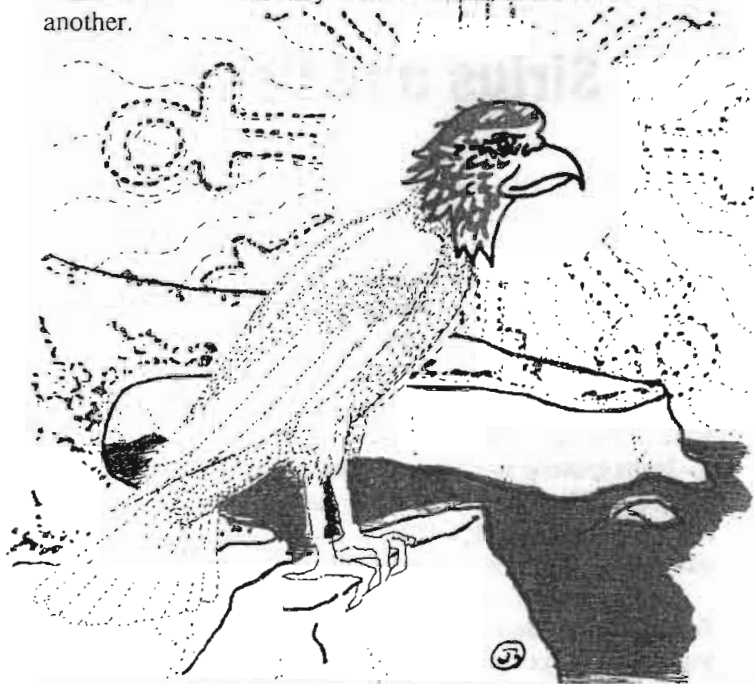
is able to resurrect Old Saros so that he has everything but his ability to regenerate - to remember himself. She tells Horus that his father is Osiris in order to ensure that Horus will not wander too far from her - for she loves her son - and on another level to avoid discontent on the part of those who live here on Earth although they come partly from elsewhere.

However, you can't hide the truth from people forever, and young Horus discovers, when he goes to meet Set in the esoteric version, that Set is his true father. What does he do then? Who is he then? Until that moment, Horus is the vengeful one, the avenger of his father Osiris; but what happens when he discovers that Osiris is not his father - the one he loves as his father, Osiris, has been wounded grievously by his true father? He has to actually explore what happened - and then he who would make a vengeful life for himself has to learn to be a reconciler, be a peacemaker - the hawk and dove have to become one.

He needs the 'Eye of Horus', the energy of the hawk - the son of the eagle - in order to see clearly what has happened, but he needs the energy of the dove, the heart, to reconcile what has happened for all of his parents - who are really his brothers and sisters - to stop their feuding. Because they're really only fighting over him, and he is now an adult come into his own time; it's his task to rechannel this archetypal feud.

The most penetrating perpetuation of this legend in modern consciousness is the *Star Wars* series.

This feud has been perpetuated on Earth between the 'indigenous' peoples and the seed of people who first came from here, then travelled to and colonised part of the Sirius system, and then returned and had a fight. Literally, this planet, GAIA, or G'ALLA took the hominid seed of other planets and systems, partly for their need and partly for her own. This led to a great deal of feuding in the chaotic times, because the people didn't realise that they were all brothers and sisters and each thought of the other as AL-LIEN. It took them a long while to realize that they were familiar, and friends of one another.



Archetypal Incest

So it's also the tale of Oedipus and the nature of the taboos regarding incest - and the taboos regarding the discussion of the nature of eugenics on Earth are other manifestations of the occlusion that has hidden this memory from us, that we can now see through again. It's a complex tale.

I: Of permanent brotherhood and sisterhood.

U.M.: Of karmic necessity. For it's not just Isis - there are other women involved in this as well. Isis made love with Set partly because Osiris made love with another women - Adam and Lillith if you like.

This is all only part of the story, of course. You see, it's also tied into how and why the planet which is now Venus fell from grace, fell through space.

Language is a magical force. For instance, word-sounds perpetuate themselves through time, coming to carry similar messages through many languages. Even after many transformations, even after millenia, they can still hold their meaning essences despite having no direct linguistic links with their roots. This is a manifestation of the collective human consciousness that recognises words as being simply shorthand notation into which may be read - and encoded - volumes of information. They are carrier waves for the surrounding syntax, the telepathic information tranceived by our beings.

For instance, FELL comes from an old pre-Hebrew word. The *fallen ones* in Judeo-Christians' bible are known as the NEPHILIM, (*Nefellim*) which comes from the root word that means to fall, of course. They fell through the light because the planet which was where the asteroid belt now is, was the physical anchor, the planetary resonating crystal of our third eye. All of the planets in the solar system resonate with chakras in the body; the resonant chakra of the third eye, the resident planet of the third eye, the resonant crystal of the third eye, was the planet which fell and became Venus... and the asteroid belt and many of the ice comets and Chiron and the asteroids which wander around the solar system are parts of its fractured body - the missing organ of Osiris, the Third Eye of Horus. And consciousness fell in humanity from the upper chakras to the lower.

The reason why it fell is that those of Set who had originated here a long long time ago came back to this system and saw dreamers living on a planet, a watery planet, who were capable of using their will to change reality - to change matter itself - THE DREAMTIME. Those of Sothis had become far more rigid than those who had remained with their mother. They had to return here to bequeath their penetrating qualities to the dreamers.

Now those who came back had *set* up very rigid and autocratic structures in order to survive for long periods of time away from matter and gravity wells, etc. When they came back they saw what they presumed to be a total 'wild card' - a completely 'dangerous' species who could create matter itself but needed no technology or organisation - and they decided to try and neutralize it by grafting their own consciousness onto



the indigenous ancestors of today's hybrid hominids.

They didn't actually intend to destroy the original species - they intended to lay their fixed patterns upon this dreaming planet which was in perpetual flux in order to protect their dreams of 'stability'.

A long time ago, when that planet fell, there were many Dreamers there who were capable of living in different body shapes - that were accustomed to living in a three dimensional space rather than a two dimensional one, like on the surface of a planet.

A lot of them were accepted here, drawn by the intense spiraling focus of the Earth's dreaming consciousness - a swirling miasma of energy - once transient, they incarnated into forms of those most conscious beings who lived in three dimensions, the mammals of the sea.

Now at this point there is an interestingly linguistic key; which is the letters EL or AL - the force, the energy. Now Set was actually one of Isis' sons originally, which is why Oedipus, Akhnaton and incest in general tie in with this closely. It is used as a way to fix traits which have been grafted onto a rootstock species, so that those forms may persist through time regardless of their 'fitness'.

We're all a genetic self-experiment, after all; the intersection of the individual bodies of different group minds. Although the humans of Sirius originated here, they departed this place long ago. The Imperial energy of the Eagle is their legacy.

Their society had no place for change, so those among them who could not fit in but showed redeeming qualities were placed in the equivalent of a penal system. Their officers

survived in outposts on partly-terraformed Mars for a long time; then, when the Empire departed, they were left to their own devices - they went wild when they encountered the Earth, and were not prepared for the garden into which they fell. Some learned to live here, become one with the Earth - others attempted to perpetuate the known, familiar and logical order of the system they had known and overlaid it upon the Earth's apparent chaos. Their actions are reiterated down through the ages by their children, the conquerors who must at last learn to be peacemakers.

The 144,000 who fell here when the comet flew past must give the best of themselves, not to themselves. The end of their world was described in great detail in an ancient tome which was copied, altered and adopted by later religions. It has been mistaken for a book of future prophecy; Revelations is a warning history of past apocalypse, not a directive for the future!

The consequences of grafting different strains of humans are all around you; the reason for this separation, distillation and reuniting of different strains of humanity in Gaia is that this Earth is more precious than most conceive; it is one of the very few planets which resonates and creates hominid bodies down through the ages, a space-time landmark and the true *home* of hominids - away from its field the species decays over time. And the Earth is the rootstock of many species, not just primate.

It will be here for a long time to come. Will you?

Issa: I may travel. But I like it here.

U.M.: As do we all. The Garden Gaia is a womb from which many mysteries spring and to which most ultimately return.



Potion Politics

Former Liberian Defence Minister Gray Allison has been charged with slaughtering a policeman to obtain blood for a magic potion. Allison was stripped of his post last June and subsequently charged with murdering Mr Melvin Pyne, whose body was found beheaded and drained of blood on a railroad track near Monrovia, capital of the West African republic, last March.

"If for any reason I have offended anyone during the performance of my duties in the nine year period I have served my country, please forgive me," said a contrite Allison during a televised appearance. The prosecution claimed Allison had asked a witchdoctor called Sekou Satchko to prepare the potion to overthrow President Samuel Doe. Allison claimed his accusers, including Satchko, were lying.

"I want [my friends] to continue to pray for me because this is not an easy situation we are in," he said.

Reuter

Computers Stoned

A computer virus called "marijuana" infiltrated and destroyed data in sensitive security areas of the Australian Defence Department last August. Each time defence officials attempted to use their computer terminals a message flashed, "Your machine has been stoned - Legalise marijuana." The virus had already gobbled up data from the terminals' inbuilt hard disks and disabled them. IBM experts helped to ferret out the virus.

It is believed to have originated in a New Zealand university. A Melbourne man was charged with computer trespass and attempted criminal damage in July when he loaded 'marijuana' into a computer at the Swinburne Institute of Technology.

Signs Off

India's Central Road Research Institute recently reported that 99% of Indian truck drivers can't read or identify traffic signs and that most don't know basic highway laws.

Over 40,000 people die on Indian roads annually. Most accidents involve trucks aimed by Indian drivers who are not required to pass a written test for a licence.

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Another Ark Sighting

Two Americans claimed to have discovered Noah's Ark on Mount Ararat in Eastern Turkey while flying over it by helicopter last September.

Pilot Chuck Aaron said a square boat shape was spotted 4,400 metres up the mountain in an area usually covered by a glacier which retreated last summer because of high temperatures in the region.

"We are 100% sure this is the ark," said Mr Aaron He said and his partner, pharmacist Bob Garbe, discovered and photographed the object on September 15th after making five flights in the last three years over the 5,400 metre mountain. He said the glacier melts enough to expose the ark every 20 or 30 years.

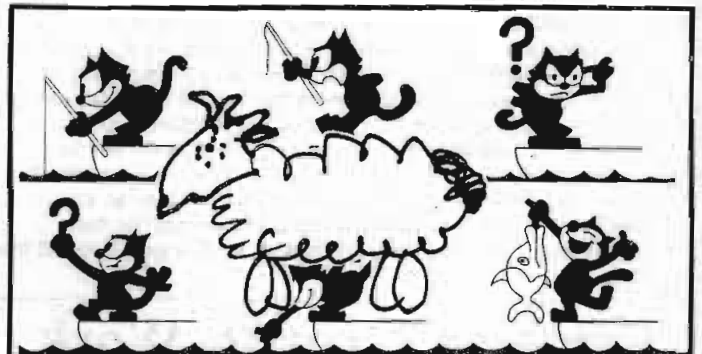
Geologists say that even though there is evidence of a great flood in Mesopotamia in Sumerian times it's not possible for a ship to have made landfall at that altitude. The pair plan a climb next June that will include geologists and archaeologists.

Hallucinating Sheep

Motorists in the Shetland Islands in Britain have had to be on guard against a new road hazard - local sheep who have developed an appetite for magic mushrooms.

The tripping sheep often escape from paddocks and wander onto the road.

"They fall all over the place, never seem to hurt themselves and take no notice of the traffic at all," said one local human.



The Rich Need You

The Ladies In Line Against Communism (LILAC) held their first rally in Perth last November to demonstrate on behalf of the "needy wealthy". In their Walk for Wealth, the 20 Perth (self-described) ladies walked from the Perth Stock Exchange to to 55-storey tower which houses the HQ of the Bond empire.

Once there, Mrs Elizabeth Lean of LILAC handed Mr Bond's rep a cheque for \$15.95 (\$7.20 from a four-hour famine and \$8.75 from a lamington stall) and a painting to replace Manet's *La Promenade*, which Mr Bond recently sold.

"It will fill the awful space that happens when you take down a painting," said Mrs Lean. It was painted by "one of the ladies of the group who is a little bit artistic."

"There are 32,000 millionaires in Australia who need our support," she said.

No, really. She's serious.

Uluru Quake

In April last year Australia experienced the worst earthquake since white settlement. At 7.4 on the Richter scale it easily out-rumbled the San Francisco earthquake, rocking the region around Uluru (nee Ayer's Rock).

There was a near-total lack of reports in the media despite the fact that the quake affected one of Australia's most beloved sites and that it was bad enough for local emergency services to be called into action. According to Peter Sawyer's *Inside News*, the epicentre of the quake was the US "facility" at Pine Gap. Sawyer claims the quake was a direct result of scalar wave experimentation at the base.

Whatever the cause, central Australia has had two massive (over 7.1) earthquakes in the last two years (the other was near Tenant Creek) - unheard of events in the most stable continent on Earth.

A relatively small 30-second earthquake also struck Darwin on the 25th of July, measuring 4.1 on the Richter scale.



Ozone Band Thins

NEXUS has received a number of apparently well-argued articles debunking the Greenhouse Effect and Ozone depletion. They claim that what we are undergoing is a fluctuation which is part of a grand climatic cycle over which we have no control and cannot seriously affect. Some believe that there is still no proven link between CFCs and ozone breakdown, that this is misinformation spread by the US.

Don't be so sure. Over 100 scientists from seven countries spent 16 months until March 1988 carefully analysing ground-based and satellite measurements of atmospheric ozone. They found that from 1969 to 1986, ozone decreased on average be-

tween 1.7% and 3% in a heavily populated band of the northern hemisphere encompassing almost all of the US and Europe. During winter, ozone losses ranged from 2.3% to 6.2%.

Most critics of the CFC 'theory' claim there is no hard data to back it up - but their objections have been largely superseded over the last two years. It's very hard to keep up with the deluge of new atmospheric data; science has learned more about the atmosphere in the last five years than in all of history.

The greenhouse effect and ozone depletion are one of the best reasons to put away jingoistic, nationalist notions and work together globally; it's dangerous to dismiss them as nothing more than manufactured scams to force us to create one world government and give away our freedoms, as some fringe writers are claiming. But it is worthwhile remembering that when times get tough, civil liberties can be the first things people lose.

It's still possible to regenerate the Earth and recreate paradise; maybe the greenhouse effect can be harnessed. Without it, we'd be due for an ice age about now, according to the geological record.

Home Birth Healthier

NSW Department of Health figures show that the proportion of complications experienced by mothers and babies during birth were *considerably higher* in hospitals than in home births.

Using Health Department statistics of more than 10,000 births in over 100 hospitals during 1984, NSW Uni researcher Cathy Boland discovered a complication rate of between 68.3% and 74.5% - as compared with 46.1% for 'low risk' home births. Ms Boland said the effects of drugs and interventionist methods widely used in hospitals - induction and epidurals, for instance - had never properly been tested with "randomised control trials"; a situation she found "unbelievable".



French Mushrooms Radioactive

Japan suspended imports of French mushrooms last October after a government announcement that some were contaminated by radiation.

Japan has been testing food since the April 1986 Chernobyl disaster, unlike Australia.

Reuter